Wilson

BOOK 1

Units 1 and 2

SOUNDS and SHAPES

by Paul Sheftel

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Book 1

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SOUNDS and SHAPES

by Paul Sheftel

THE UNIVERSITY SOCIETY, Inc.
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Pub. No. 10

For my wife

SARA

and my two daughters

CLAUDIA and GIGI

PREFACE

SOUNDS AND SHAPES is designed to be useful and attractive to beginners of any age, including adults. This material is without text; the teacher can use it as his basic method, as supplementary material to another method or as a source book for sight reading.

Organization is built into the material, allowing teachers and students to work at their own pace.

The material is divided into 12 units, each containing 20 to 25 songs (fewer in later units). Within each unit there is considerable latitude for skipping pieces or changing the order in which they are to be played. If at first glance, SOUNDS AND SHAPES appears to be simply a collection of new arrangements of folk songs from many countries, closer inspection reveals that these pieces have a definite pedagogical purpose; they deal with specific and closely related musical problems. This approach is based on the time-tested principle of learning through experience. The compositions and exercises have been so arranged as to acquaint the student with basic musical elements and to help him acquire keyboard skill. Numerous arrangements employ contemporary sounds which enable the student to become familiar with these as well as more traditional ones.

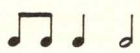
The title SOUNDS AND SHAPES emphasizes the student's growing awareness of both aural and visual patterns as he progresses. He not only *hears sounds* but *sees shapes*. In other words, he becomes aware of distinct relationships such as intervals, chords, and melodic progressions.

SOUNDS AND SHAPES is designed around these elements:

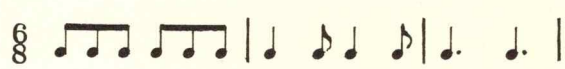
1. RHYTHM: All the pieces in each unit contain identical rhythmic elements. Each unit introduces only *one* new rhythmic element. The order in which these elements are introduced is illustrated as follows:

UNITS 1 and 2

UNIT 3

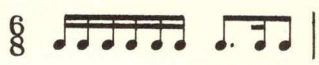
UNIT 4 

UNIT 5

UNIT 6 

UNIT 7

UNIT 8

UNIT 9 

UNIT 10 *Syncopations*

UNIT 11 *Triplets*

UNIT 12 *Mixed meters*

2. COORDINATION: Problems of coordination involving both hands are introduced gradually, beginning with parallel and contrary motion, drones and ostinatos. Only a few new concepts are introduced in each unit and rarely is more than a single coordination problem presented in any one piece.

3. MELODIC SPANS: Melodic spans are consistently small. In Unit 1, for example, only seconds and thirds occur. There are few melodic spans larger than a fifth until Unit 11.

4. FINGERING: There are few fingering problems of any complexity in the first ten units. The reason for this is that fingering problems can seriously impede the student's progress and interfere with his learning if introduced too early. The student should first acquire a secure rhythmic foundation and gain a considerable degree of keyboard experience with few shifts of position. Problems of extensions and thumb passing are introduced in Units 11 and 12; respectively.

5. EXPRESSIVE ELEMENTS: Elements of musical expression are introduced in Unit 2 and become progressively more challenging.

6. TRANSPOSITION: Transposition should be encouraged starting with the first few lessons. Since most of the pieces remain within five-note spans students will be able to transpose them with ease. New keys are introduced consistently.

Joseph Rollino, with whom I have given concerts for many years, collaborated with me in writing the arrangements to many of the songs. This collaboration, including his many judicious observations and his testing of the material with his own students, was immensely valuable to me. I am deeply grateful.

I should like to give special thanks to my students who both knowingly and unknowingly helped me in developing this material.

My very warm thanks to Edward T. Cone for having generously and carefully read through much of my material and for his many sensitive suggestions.

I was particularly fortunate in having an editor with the wisdom and experience of Felix Greissle and take great pleasure in the friendship which has developed as the result of our association.

I am most grateful to Corinna Marsh and George Cooke of The University Society, Inc., for their dedicated and expert assistance.

P. S.

About the author

Paul Sheftel is a well-known concert pianist, author, and teacher. He began his music studies at the age of four in Los Angeles, California, where one of his teachers was the noted composer Mario Castelnuovo-Tedesco. Later he went to Paris where he studied piano with Lazare Levy and composition with Alexandre Tansman. Upon graduation from the Juilliard School, where he worked under Edward Steuermann, he received a Fulbright Grant for two years of study in Rome at the Santa Cecilia Conservatory.

As part of the two-piano team of Rollino and Sheftel, he has appeared in recitals throughout Europe and America, on radio and television, and as soloist with such renowned orchestras as the Concertgebouw of Amsterdam, the Hague and Rotterdam Philharmonics, the Berlin Philharmonic, the Royal Philharmonic of London, and the Chicago Symphony. In Berlin Rollino and Sheftel were soloists in the world premiere of Hans Werner Henze's *Muses of Sicily*, later recorded with the composer conducting. In 1968, also in Berlin, they performed the world premiere of a new concerto for two pianos and orchestra by the celebrated American composer, Gunther Schuller.

Paul Sheftel is also author of *Exploring Keyboard Fundamentals* (Holt, Rinehart & Winston, New York, 1970), an elementary piano book for the adult beginner.

About the illustrator

The works of Milton Hebald, a distinguished American painter and sculptor, now living in Rome, may be found in the Museum of Modern Art in New York, the Philadelphia Art Museum, Notre Dame University, the University of Arizona, and many other permanent collections. He has been commissioned to create sculptures for such famous buildings as the new Pan American terminal at John F. Kennedy airport in New York, the Hays Ackland Memorial at the University of North Carolina, and the James Joyce monument in Zurich, Switzerland.

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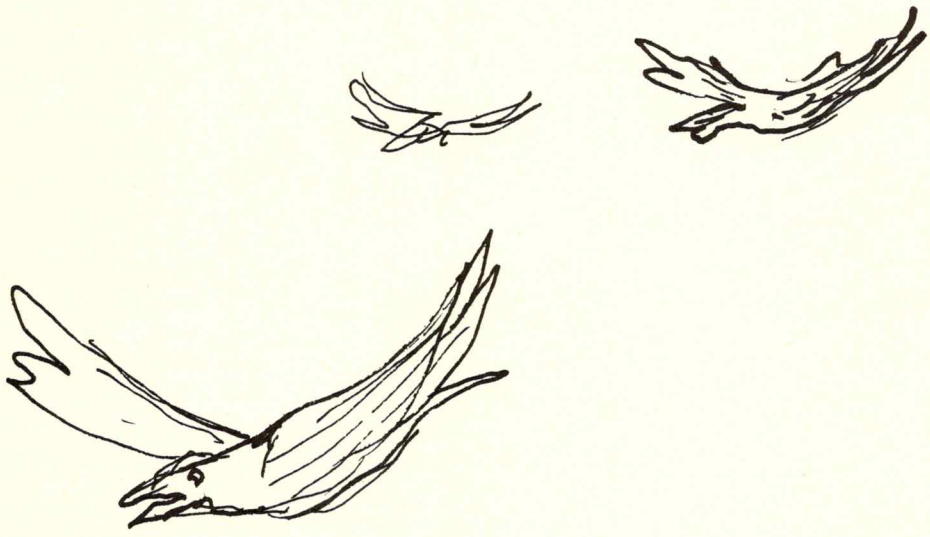
UNIT 1



Chinese Chantey

STEPS

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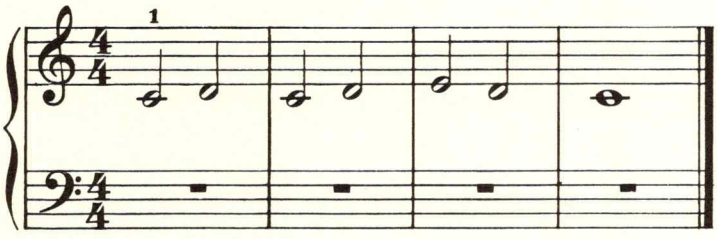

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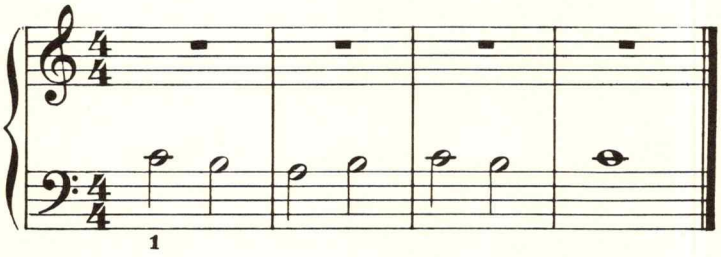

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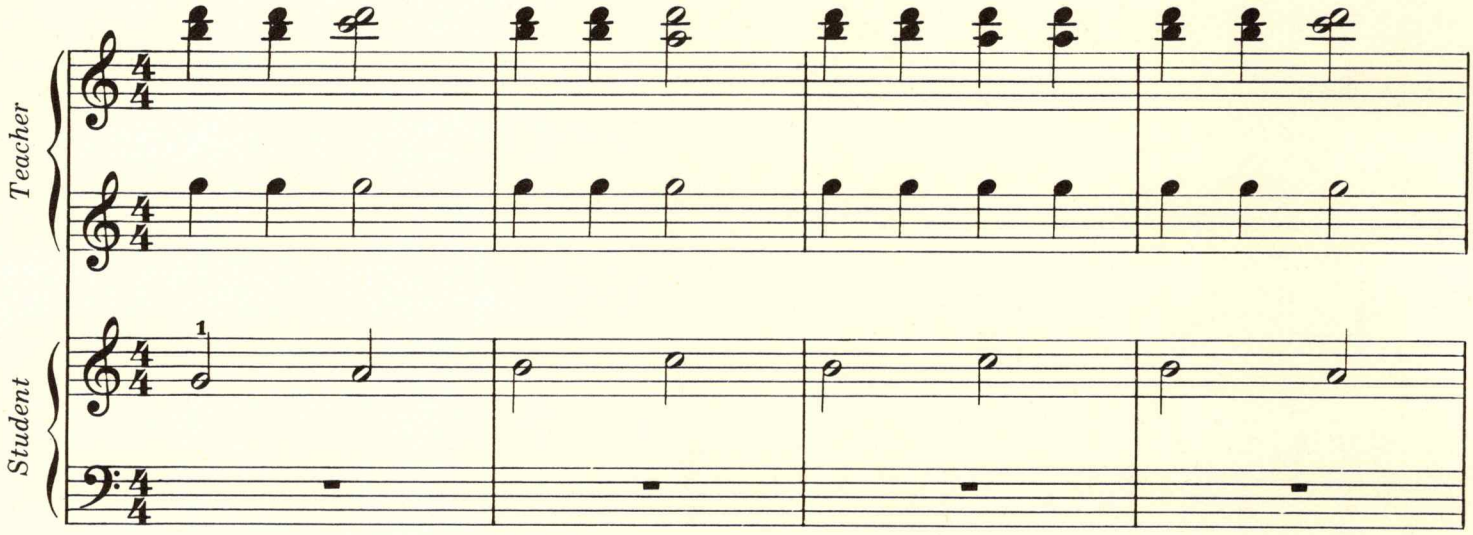

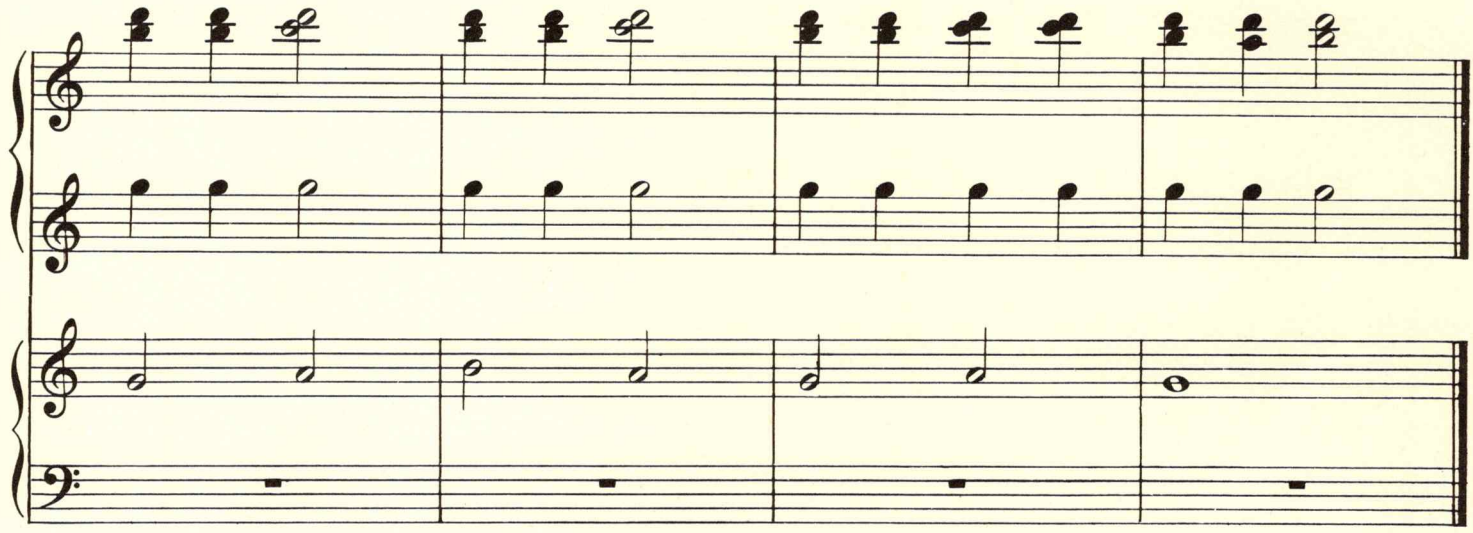

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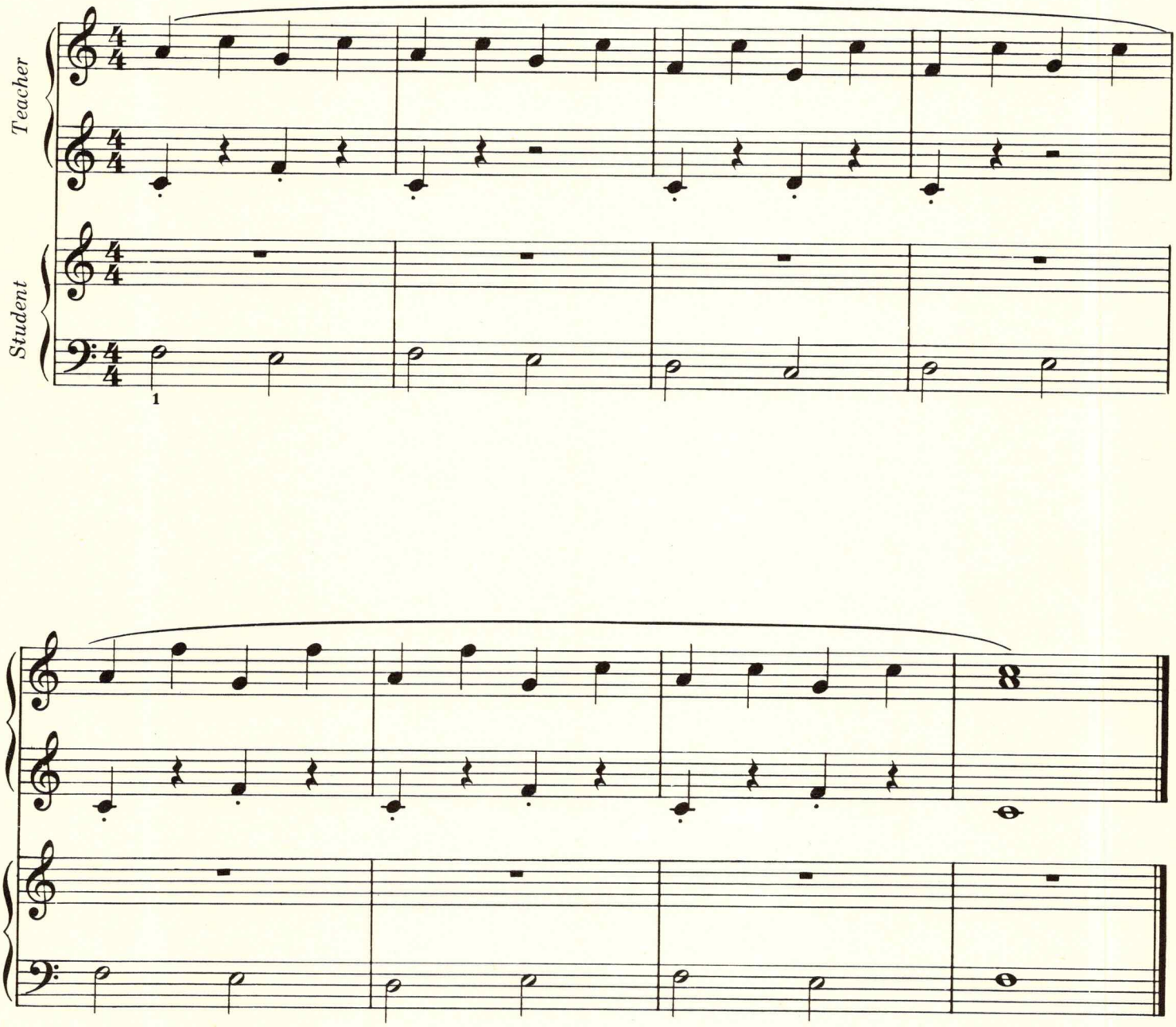

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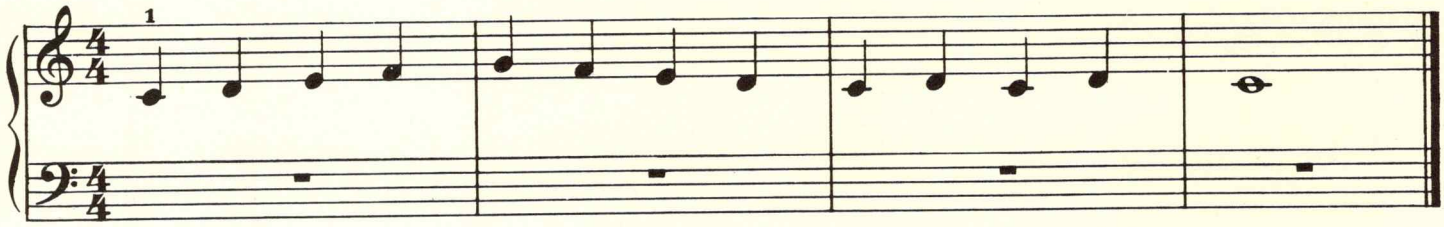

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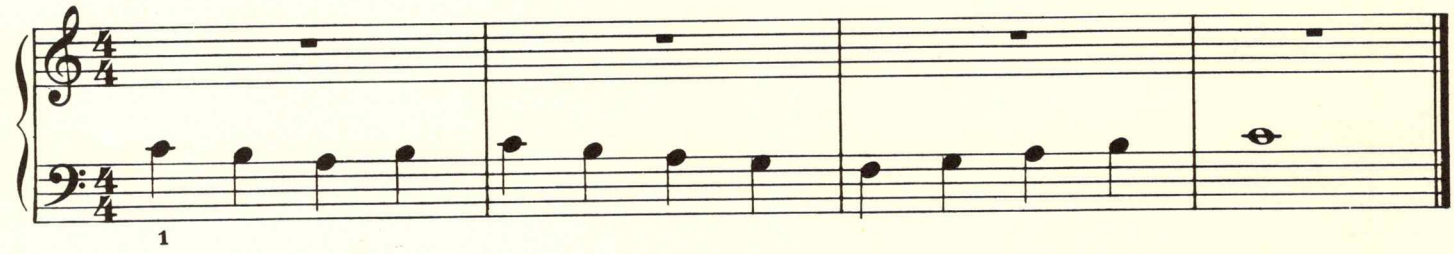

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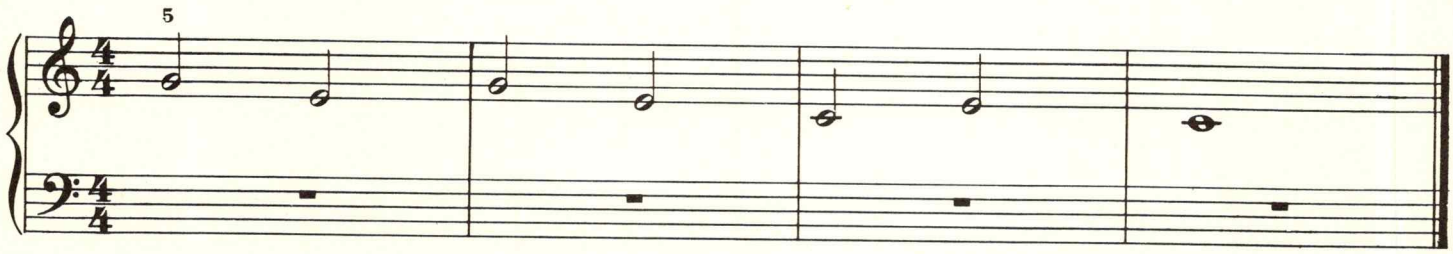

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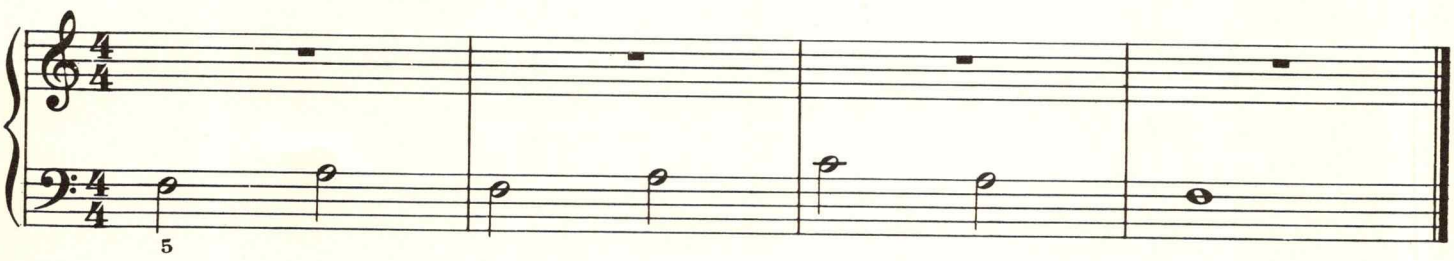

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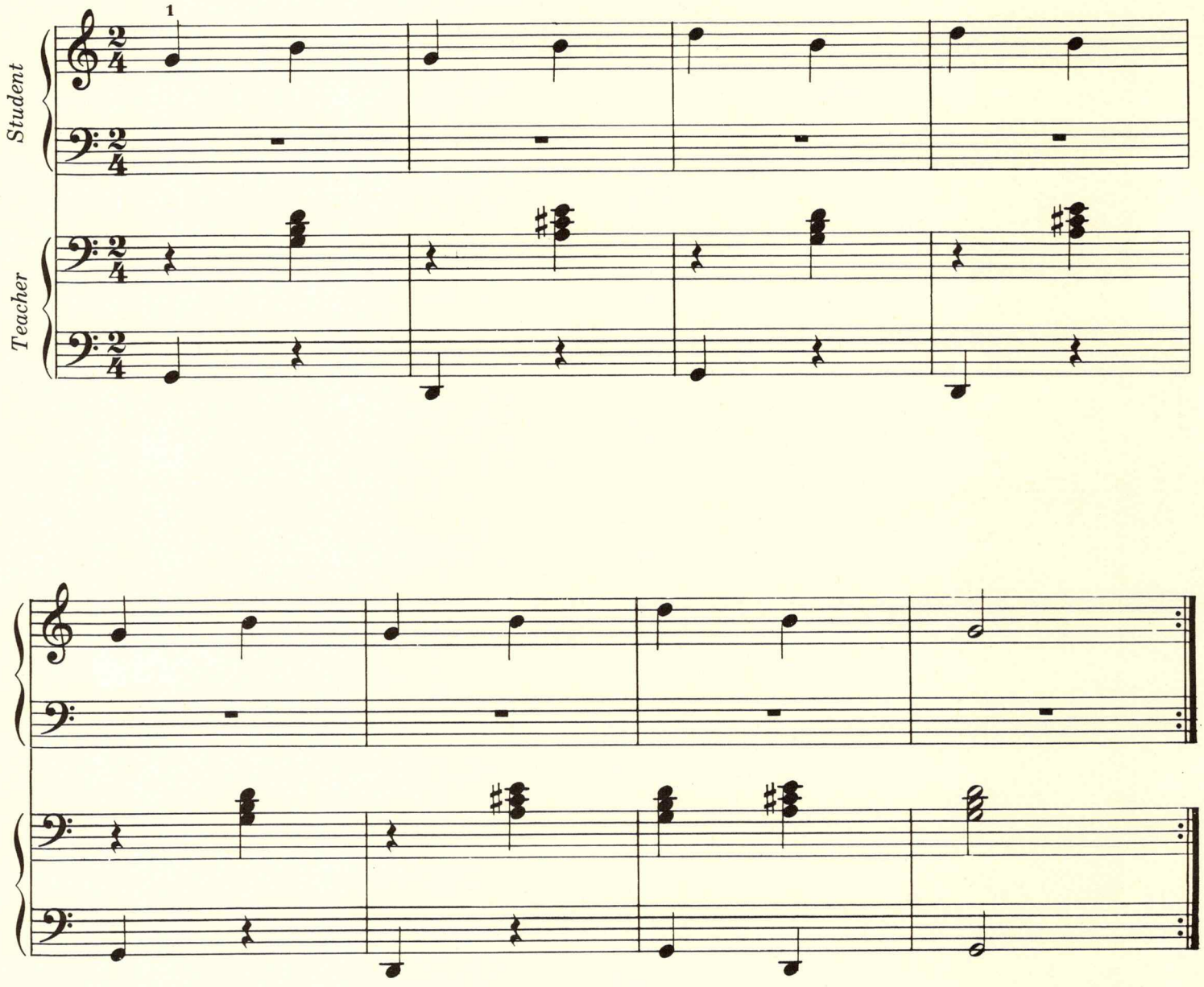

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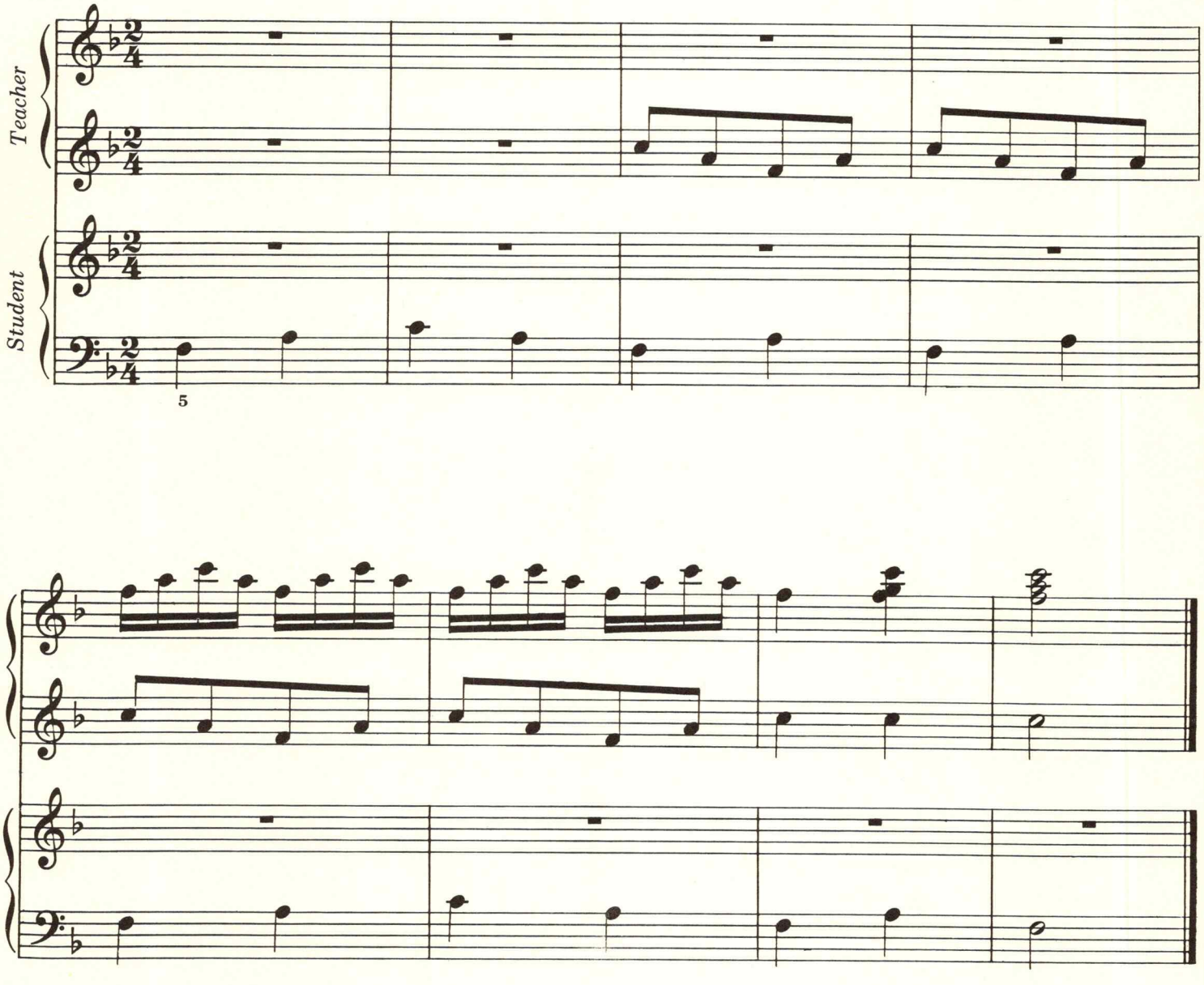

More Steps

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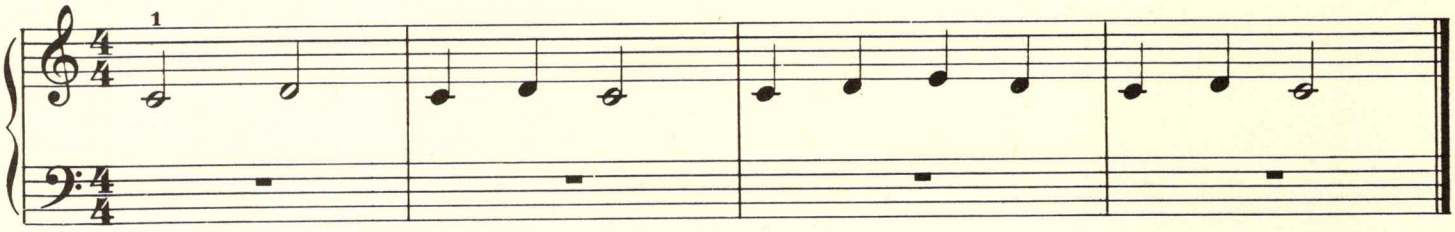

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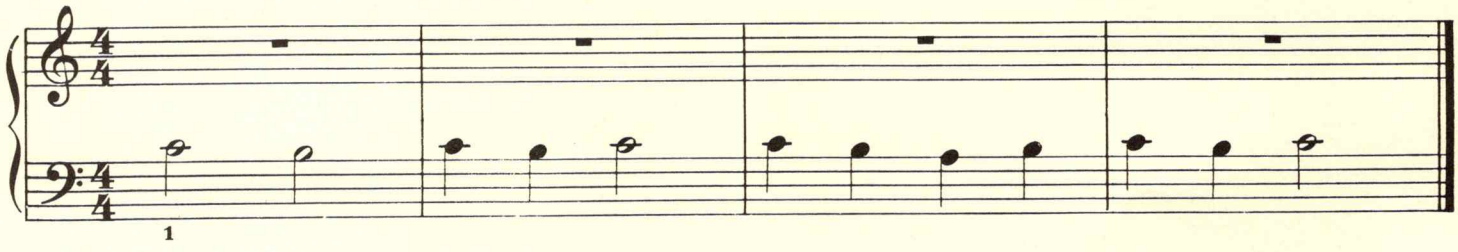

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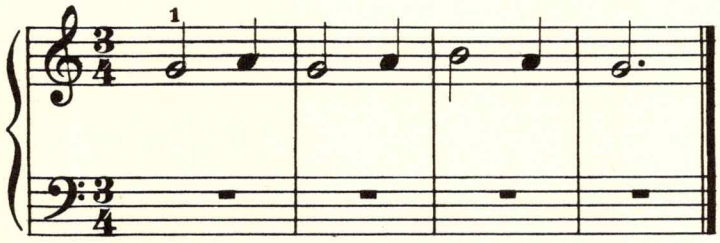

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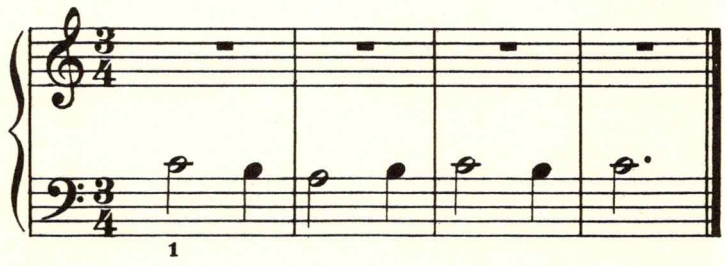

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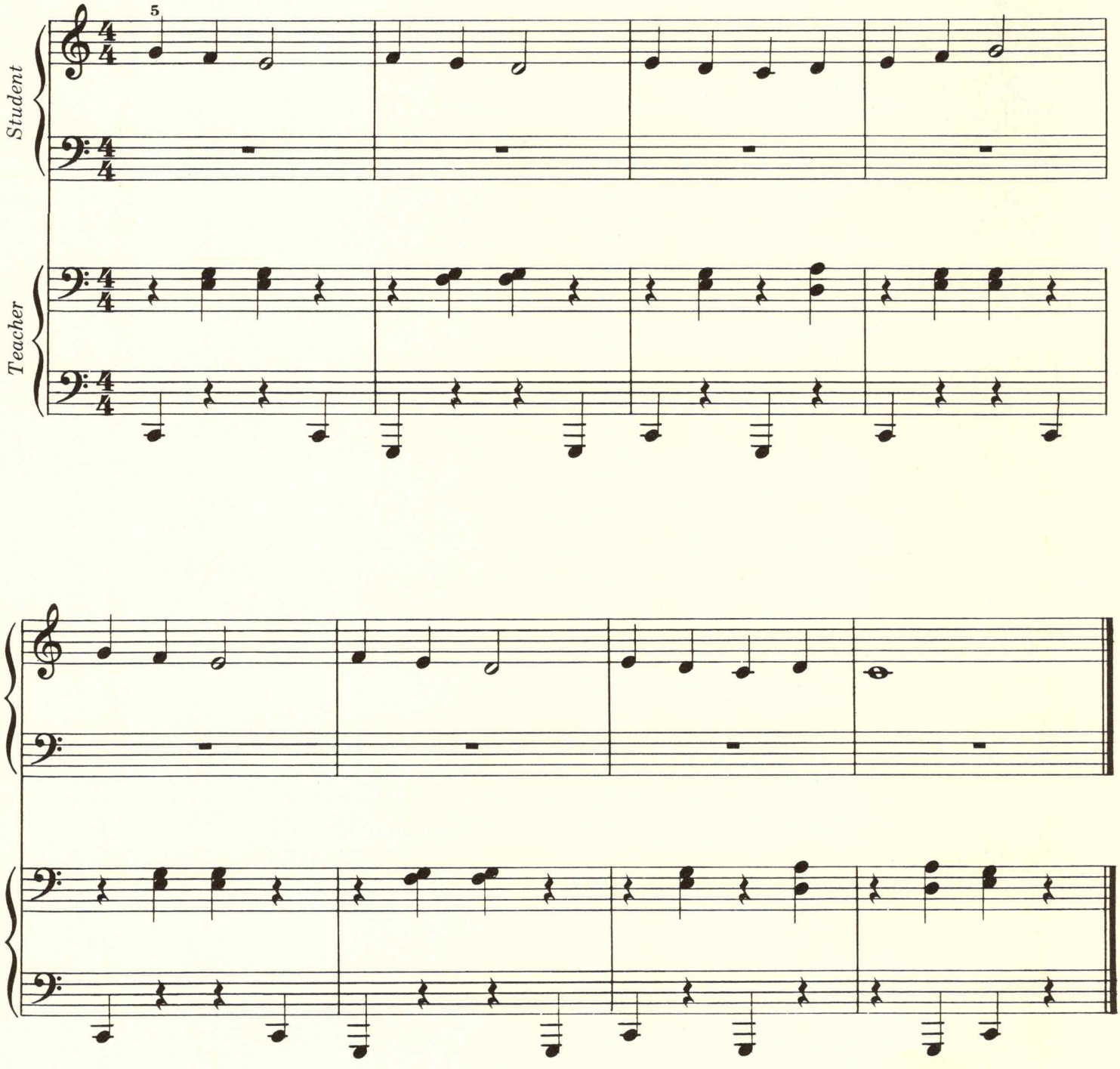

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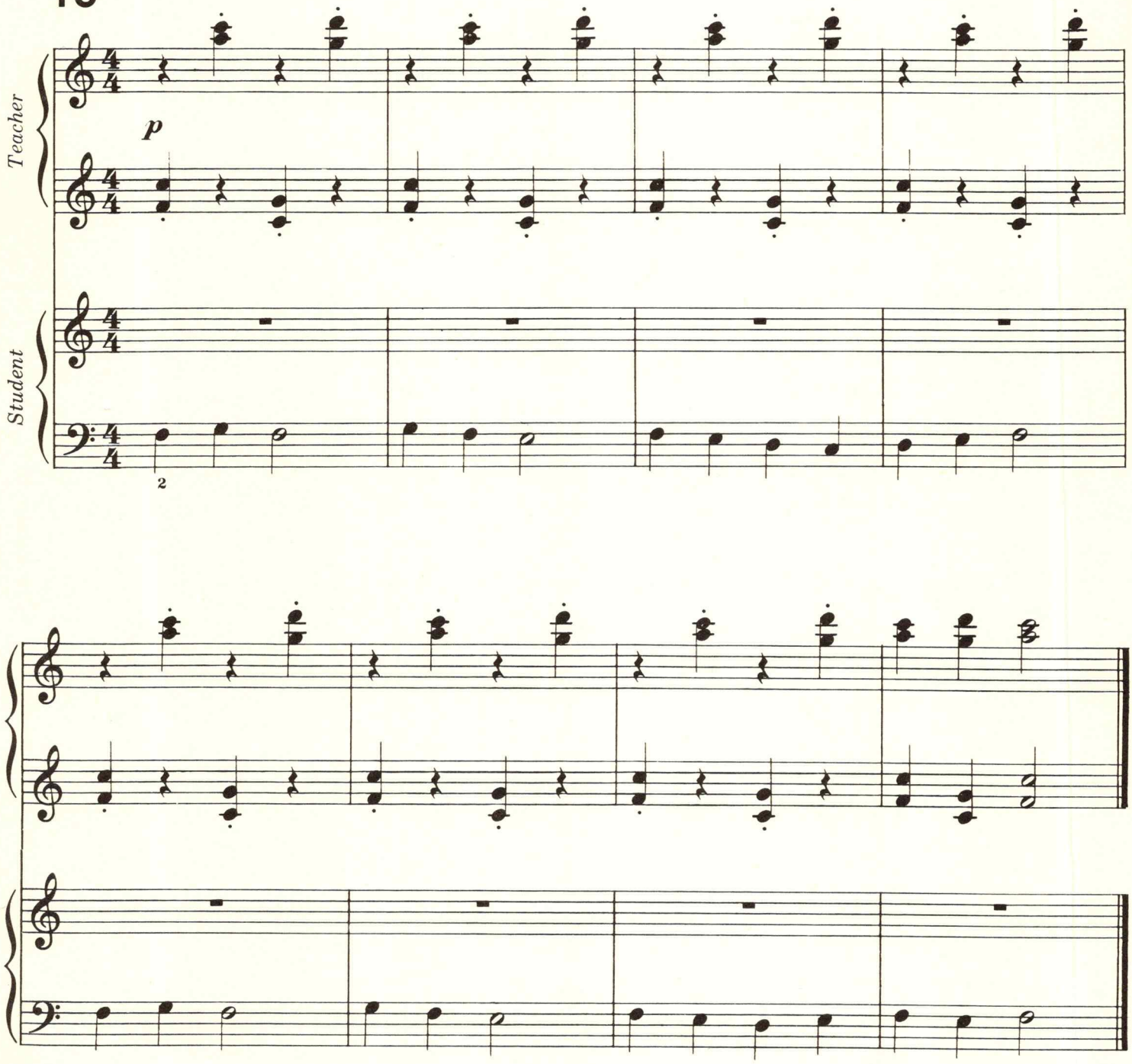

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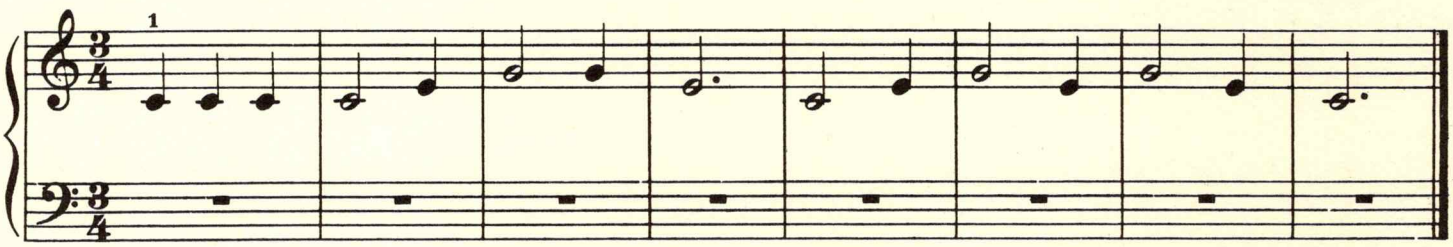

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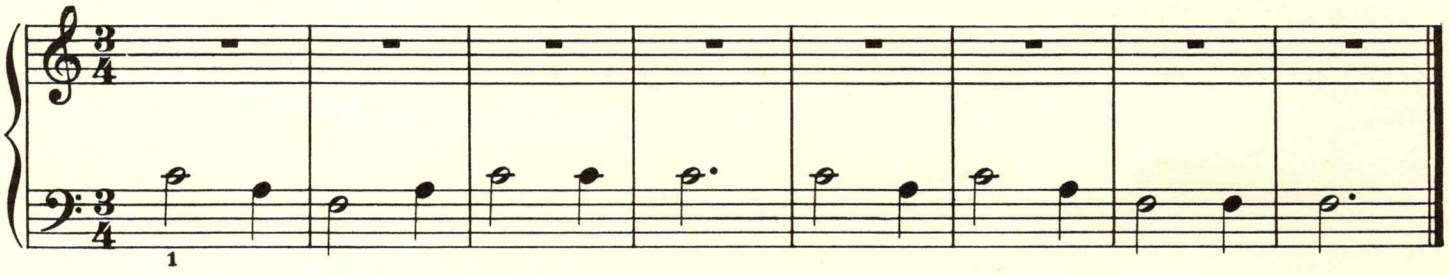

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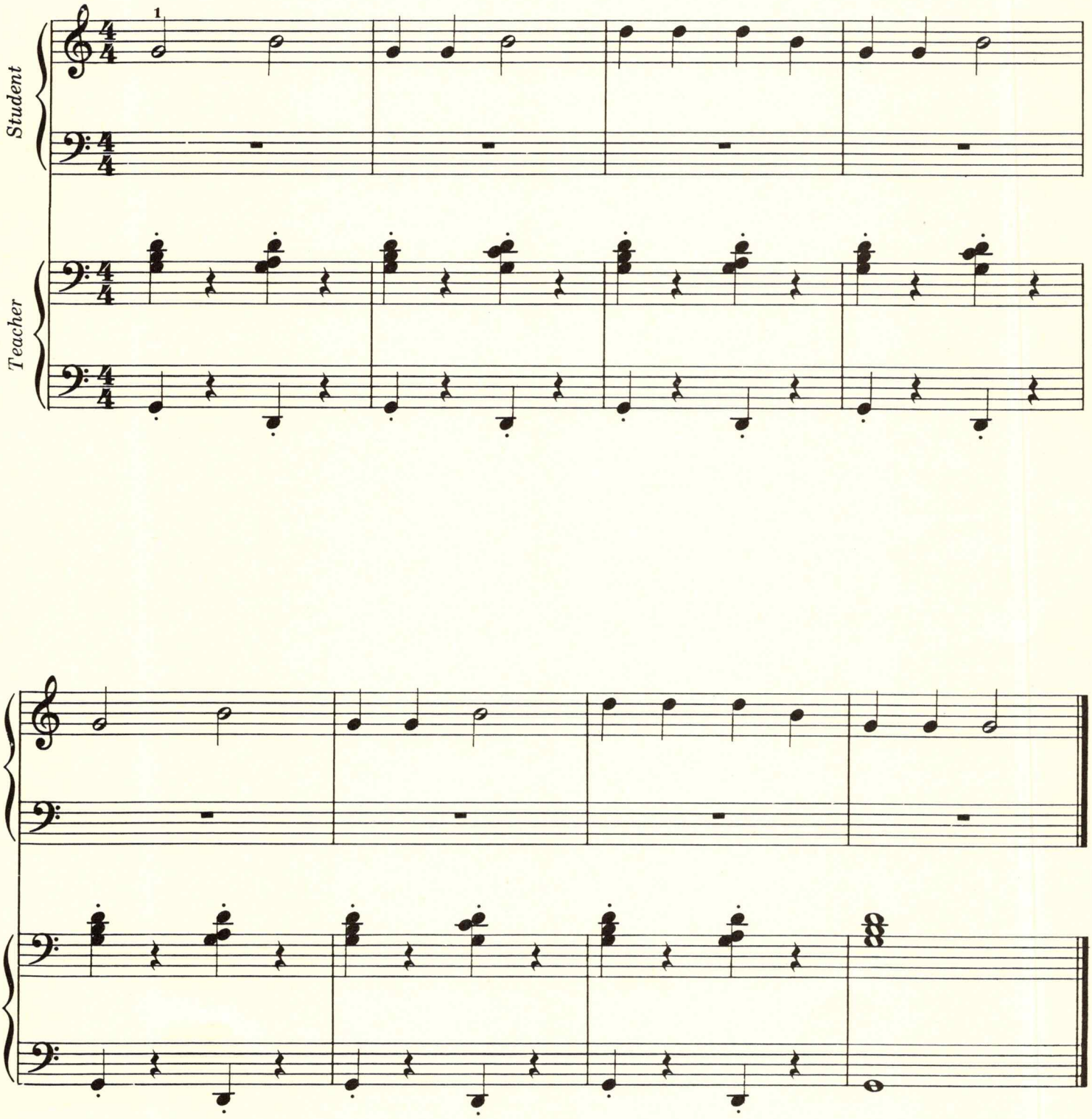

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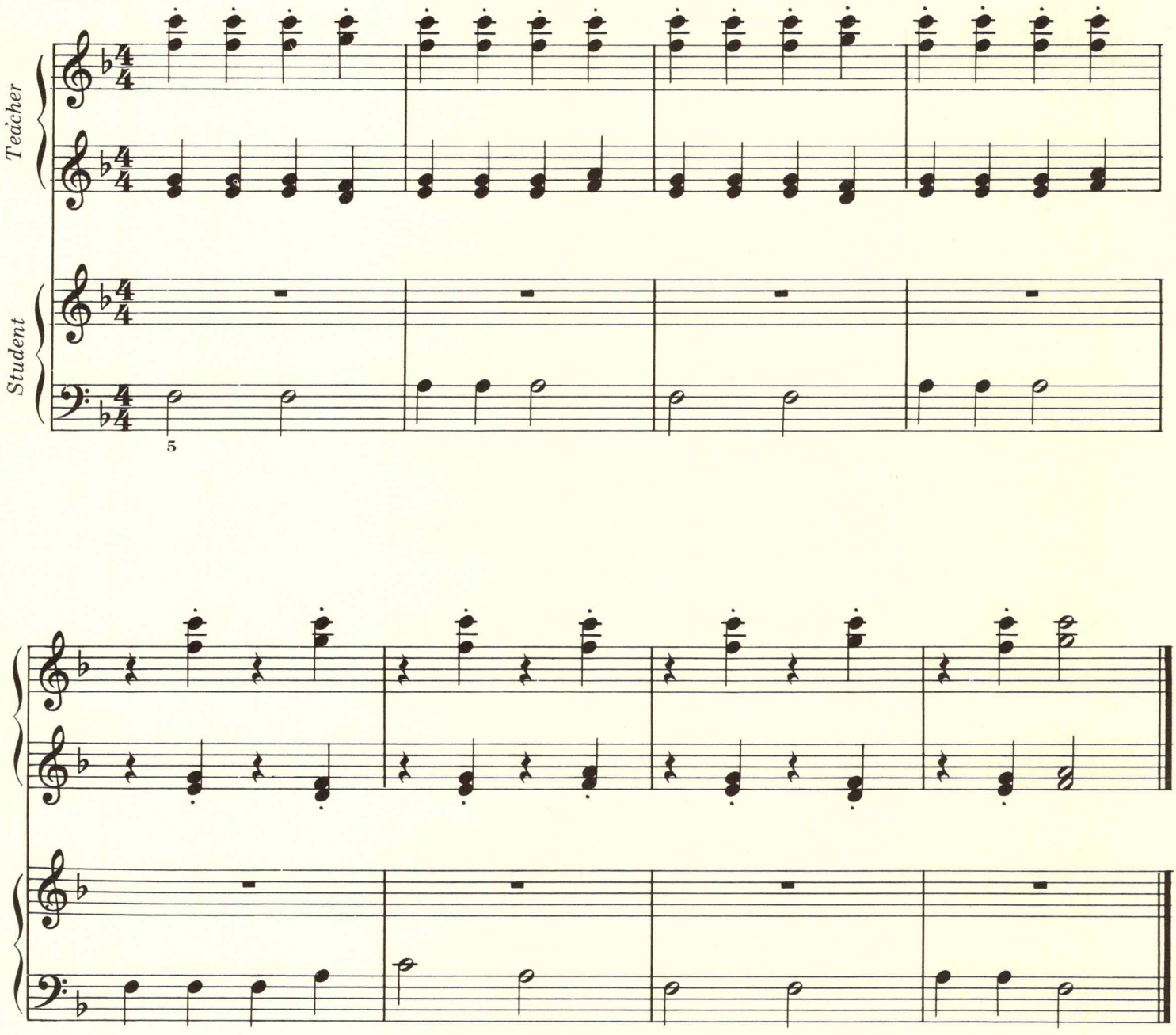

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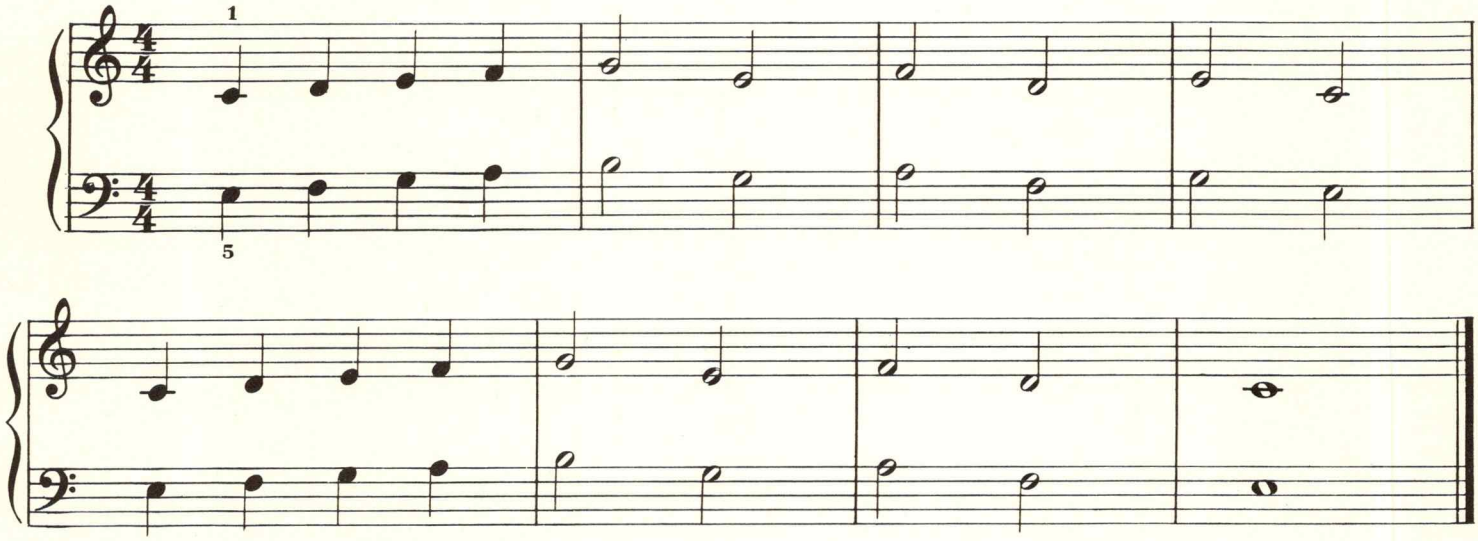

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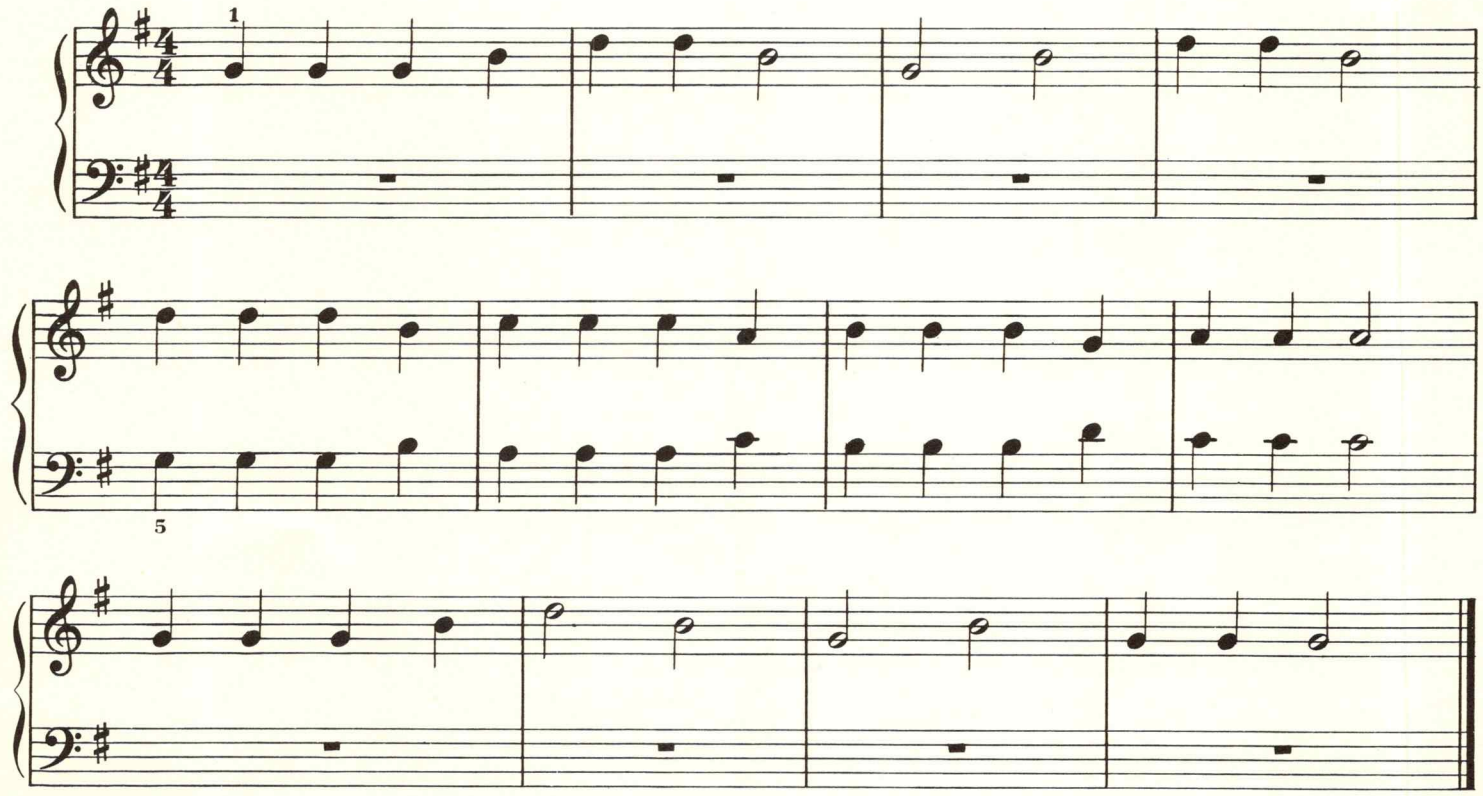
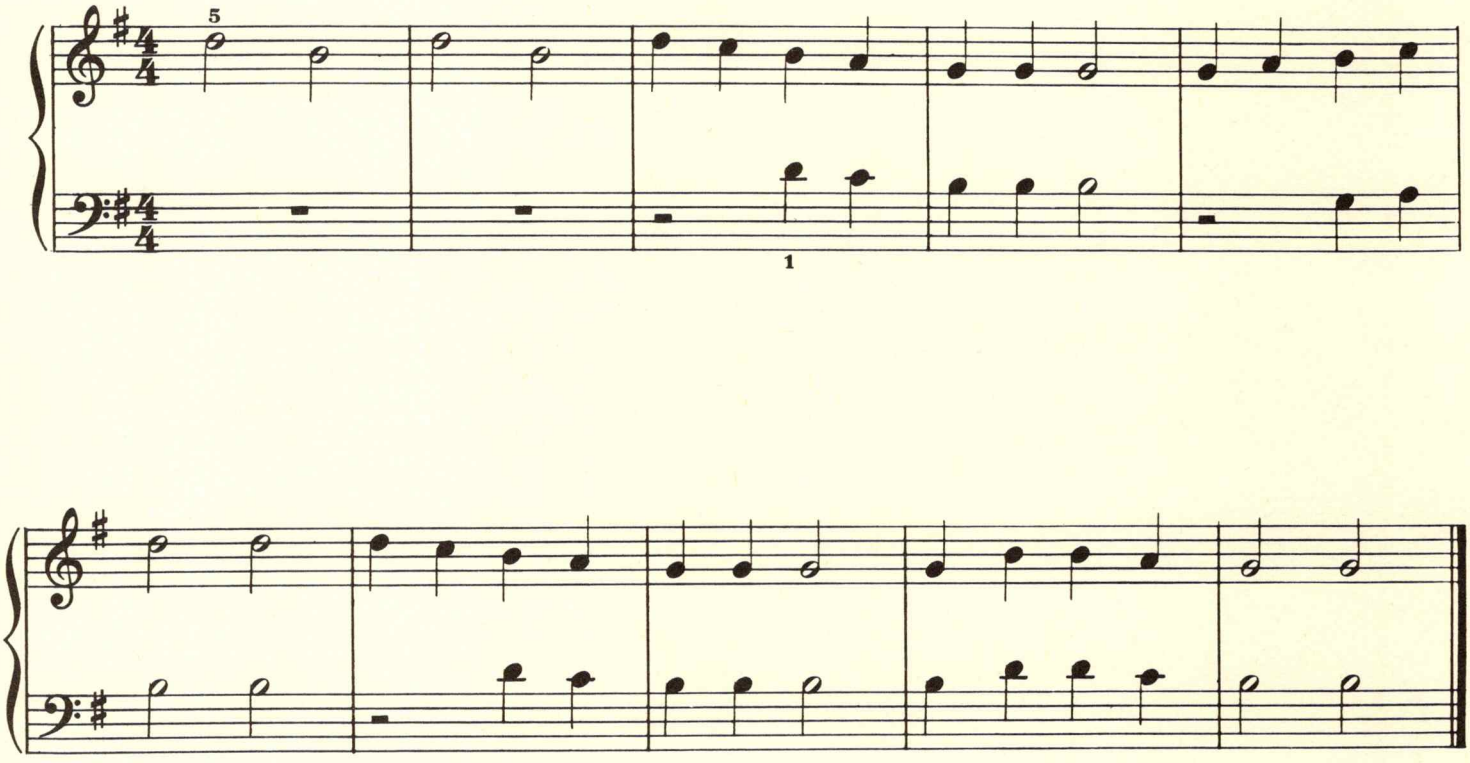


23 Austrian Folk Song



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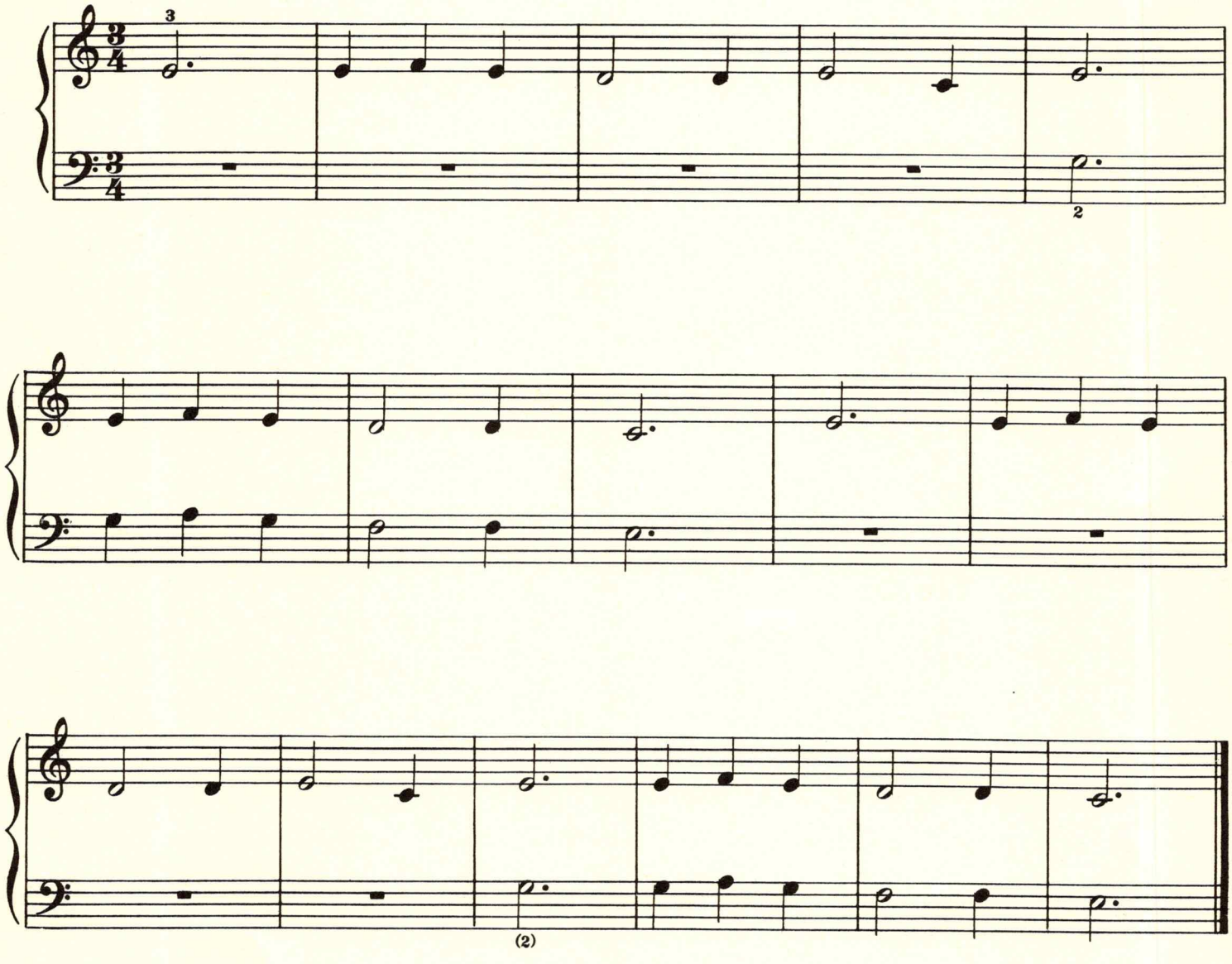

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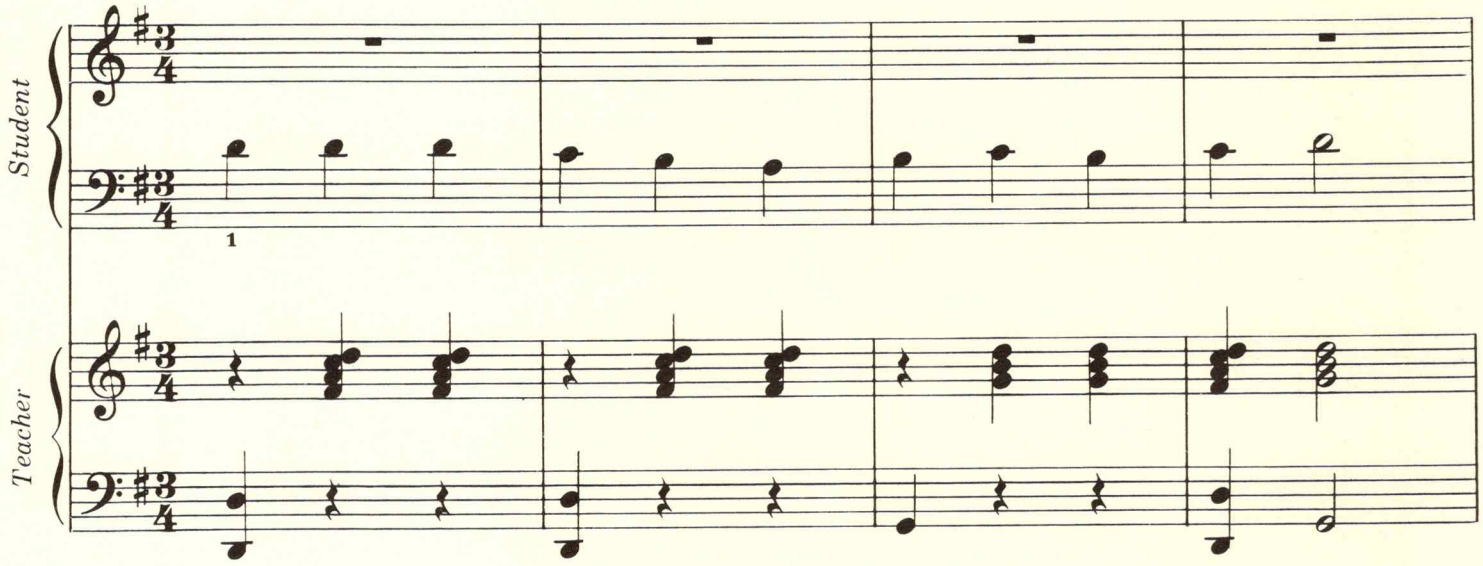
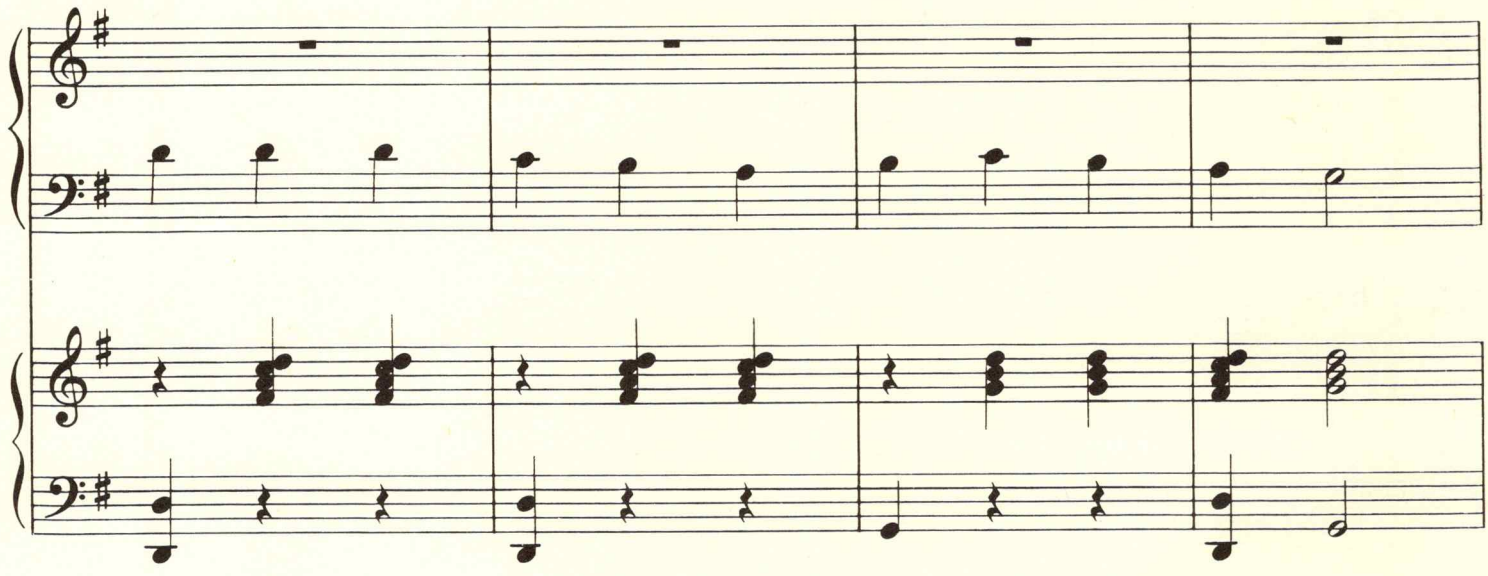
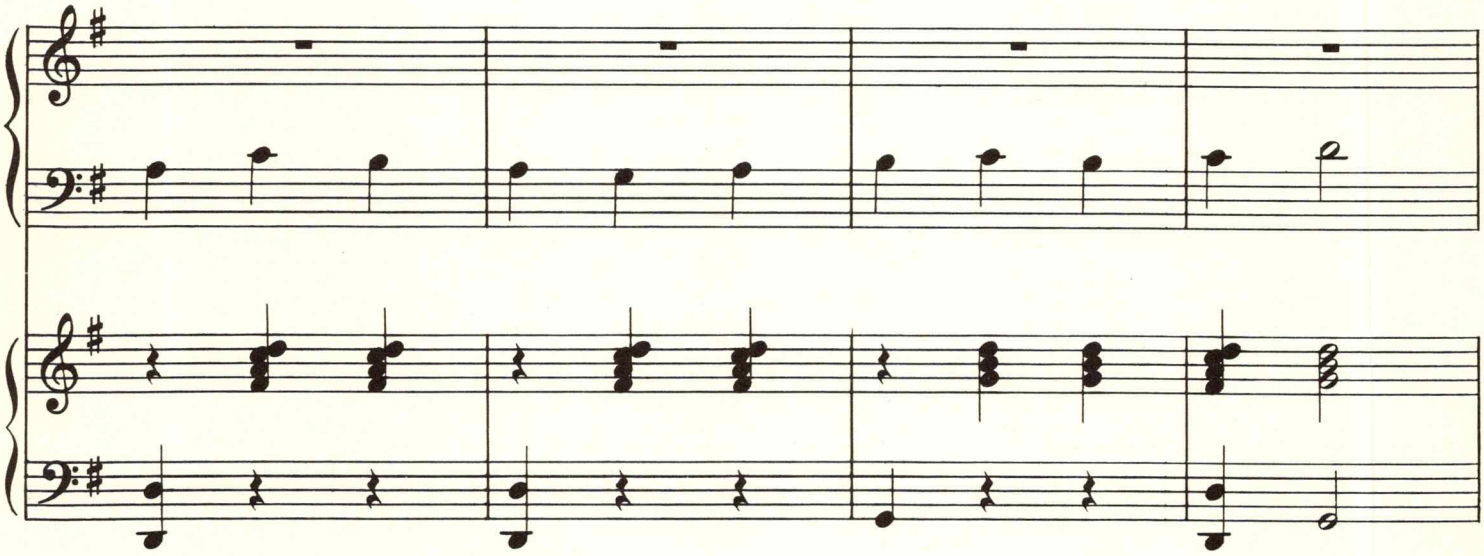
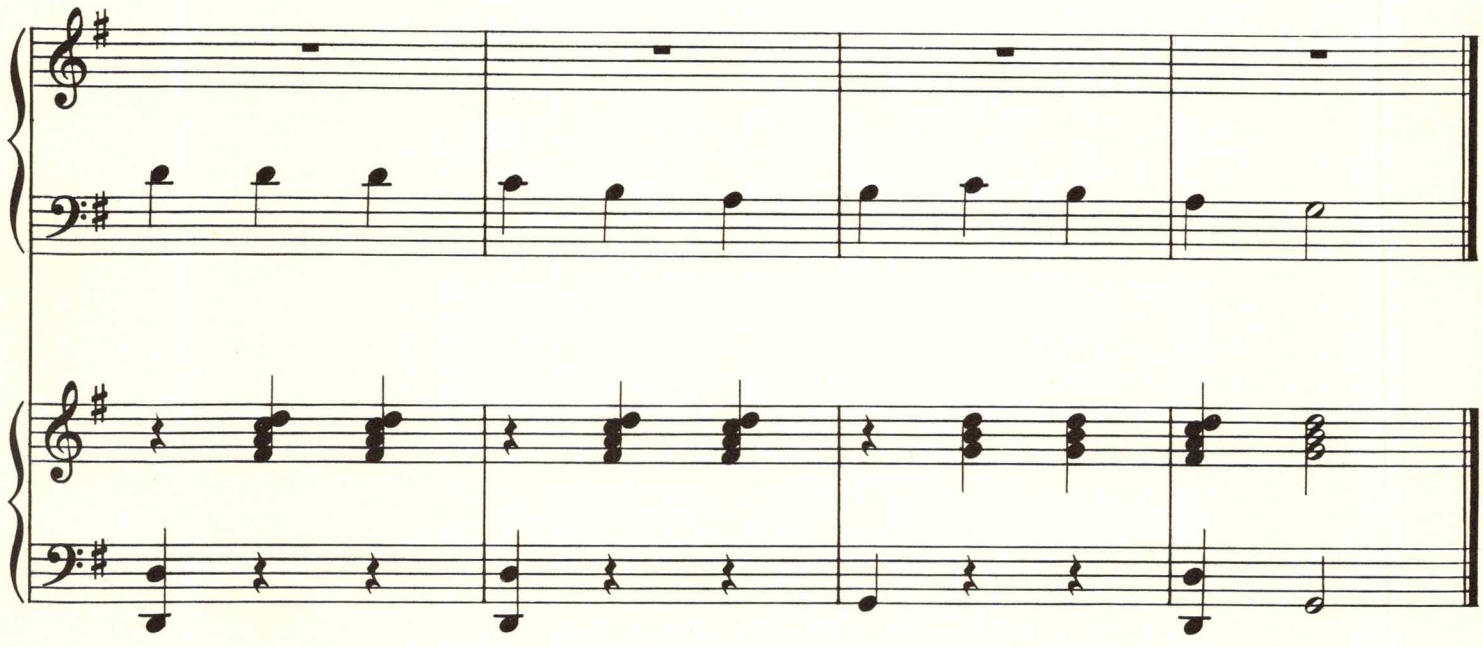
Czech



Left hand of student crosses right hand of teacher.

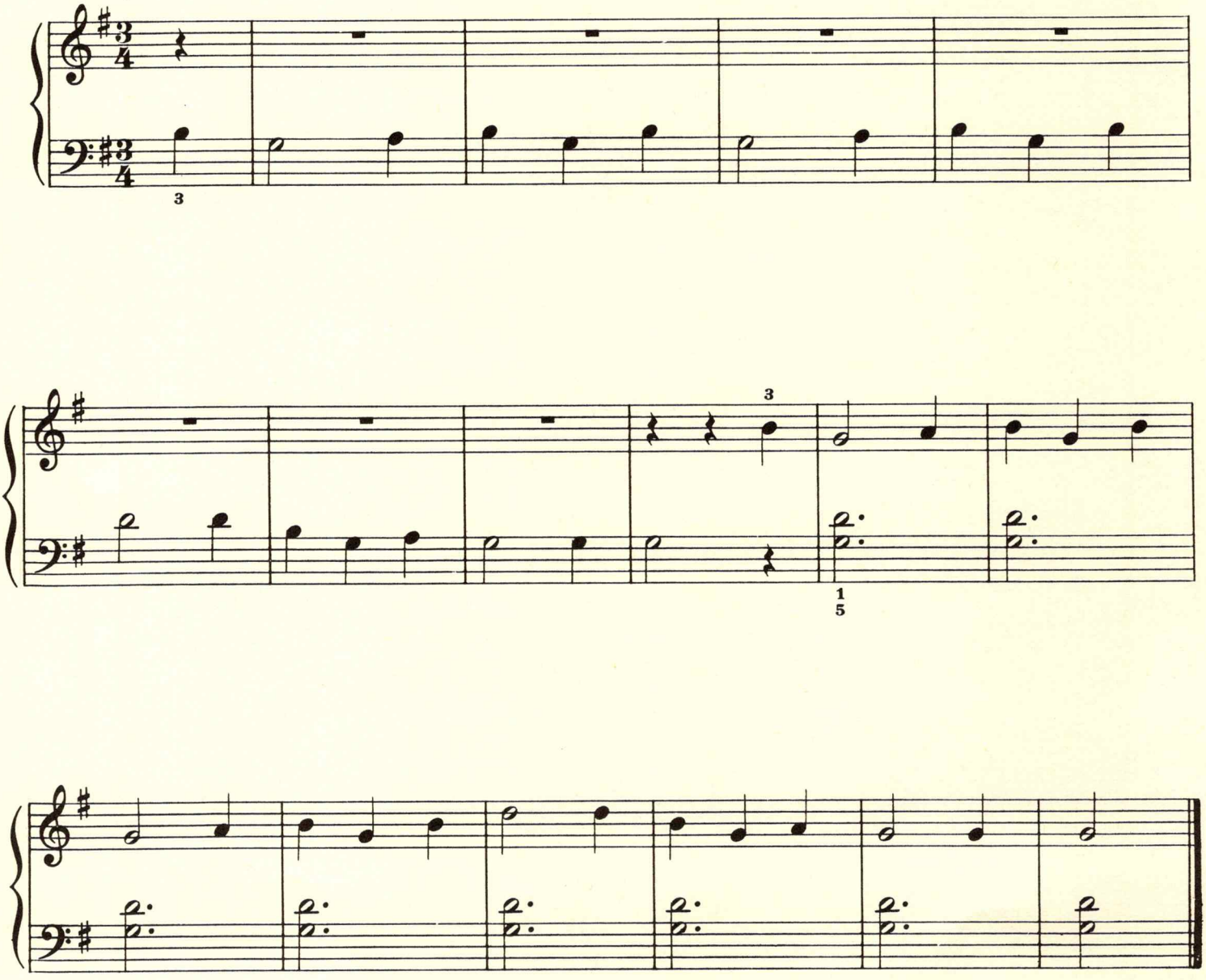


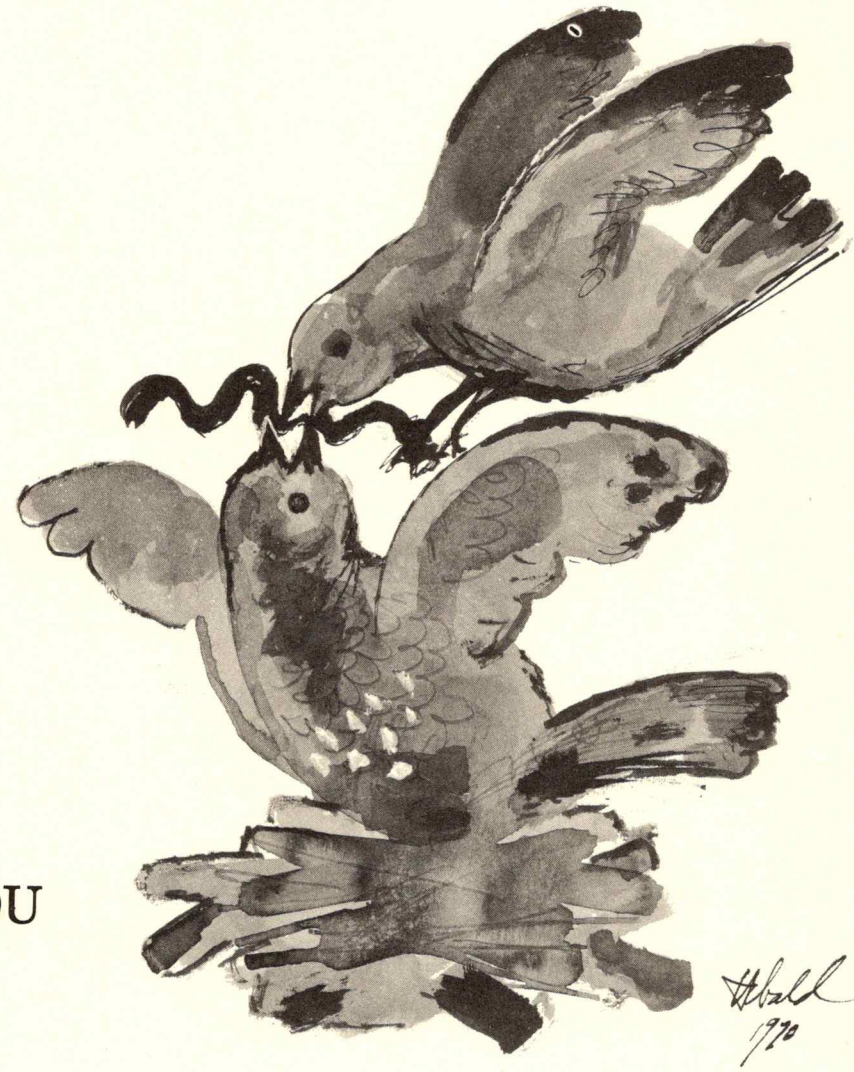




26 Tower Guard

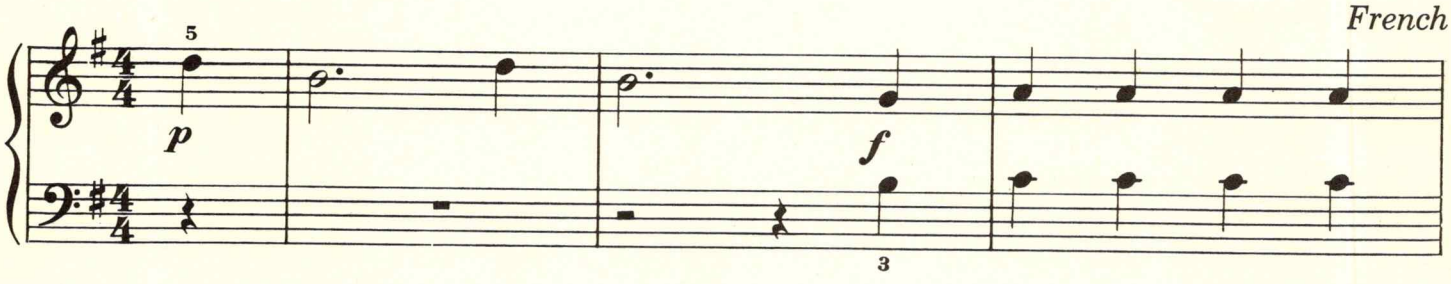
French

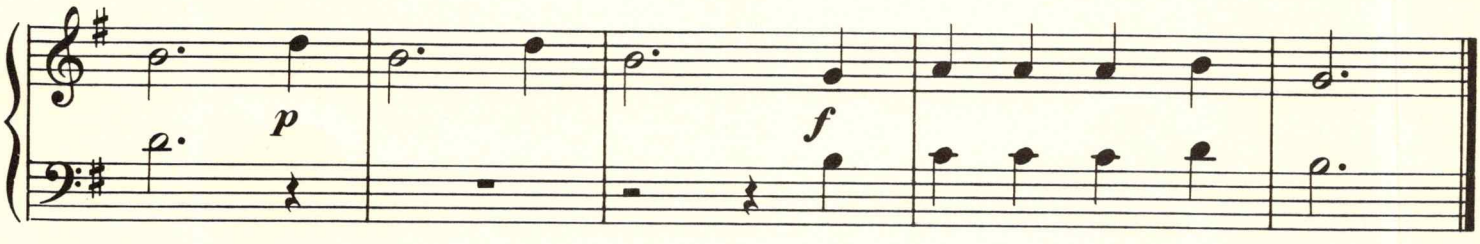




27 Coucou

French





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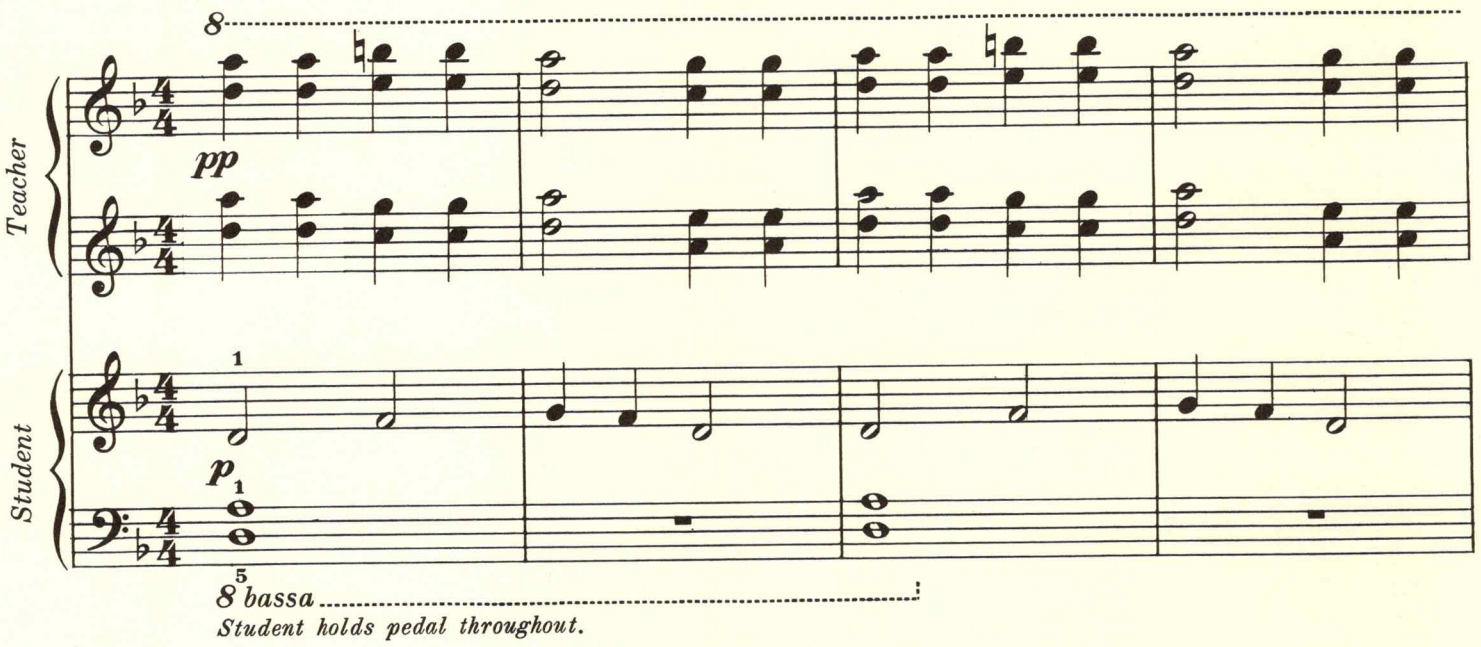
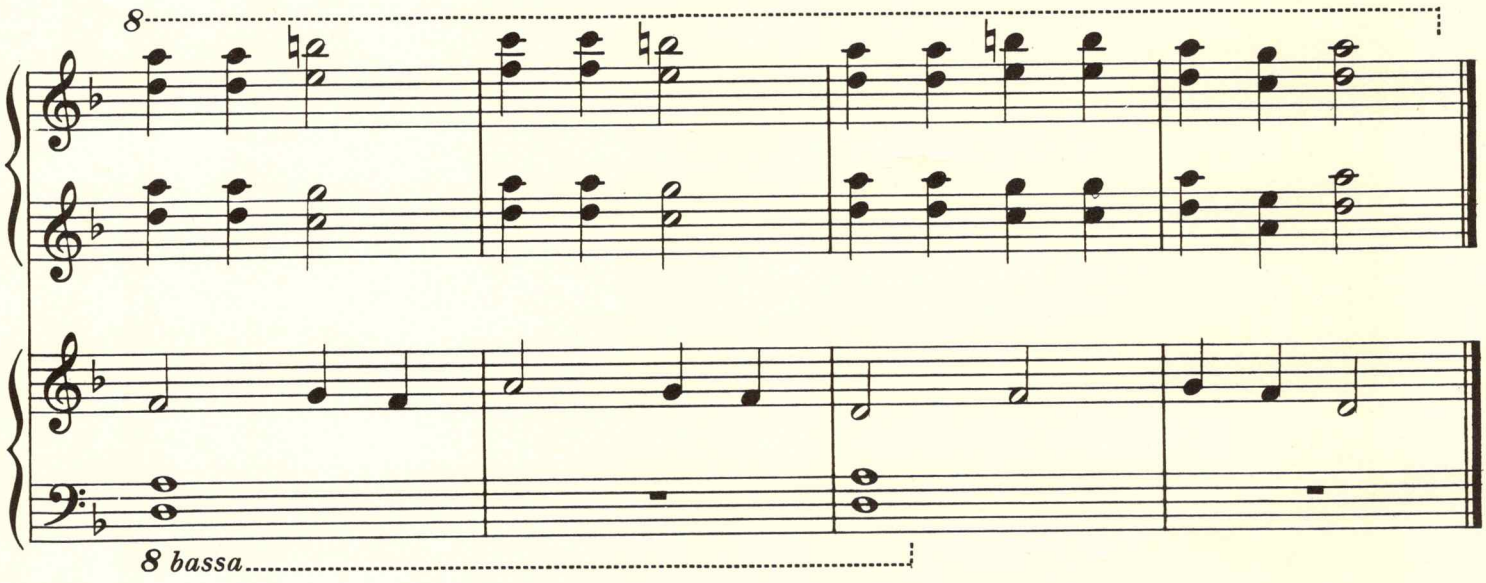
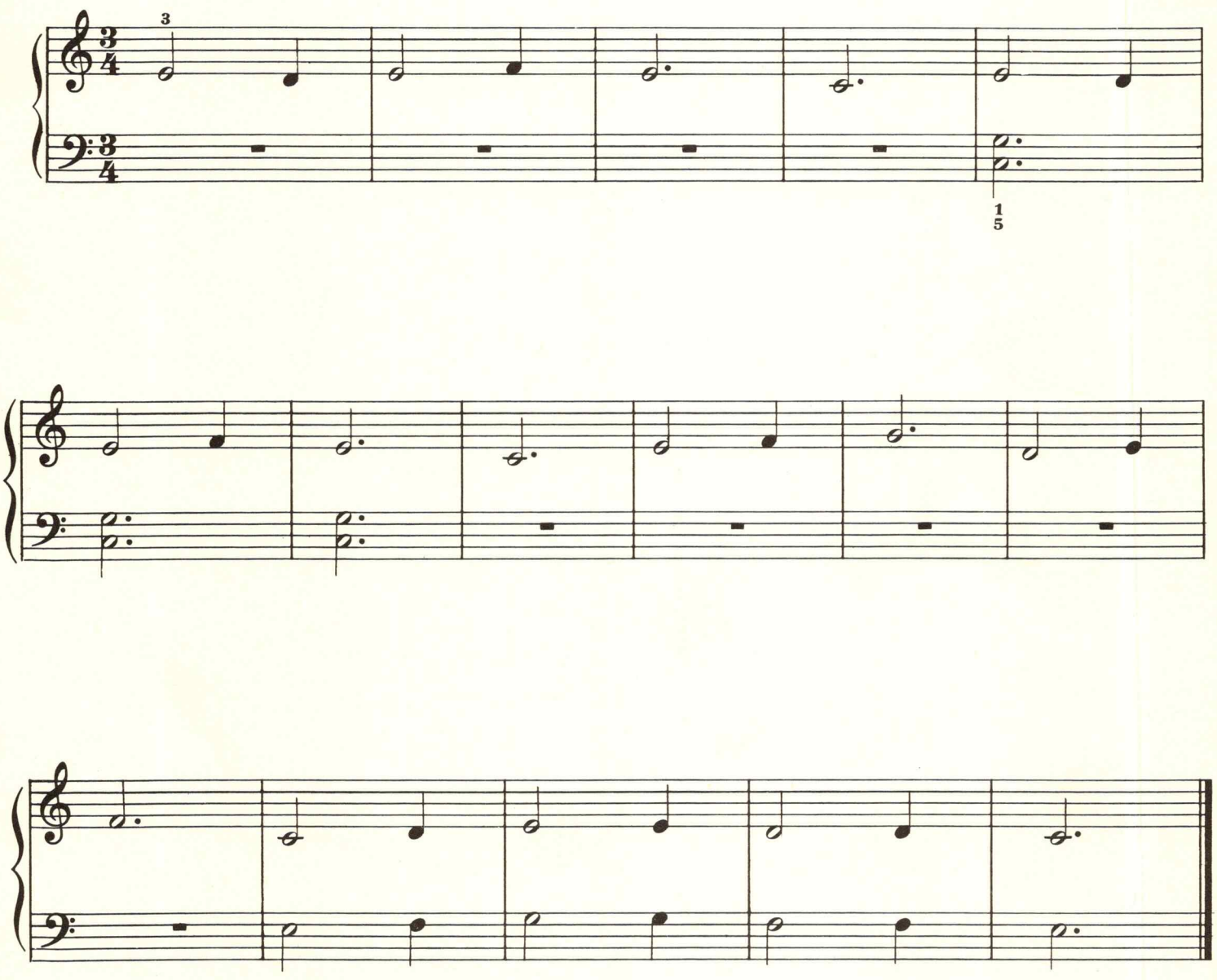


Student holds pedal throughout.



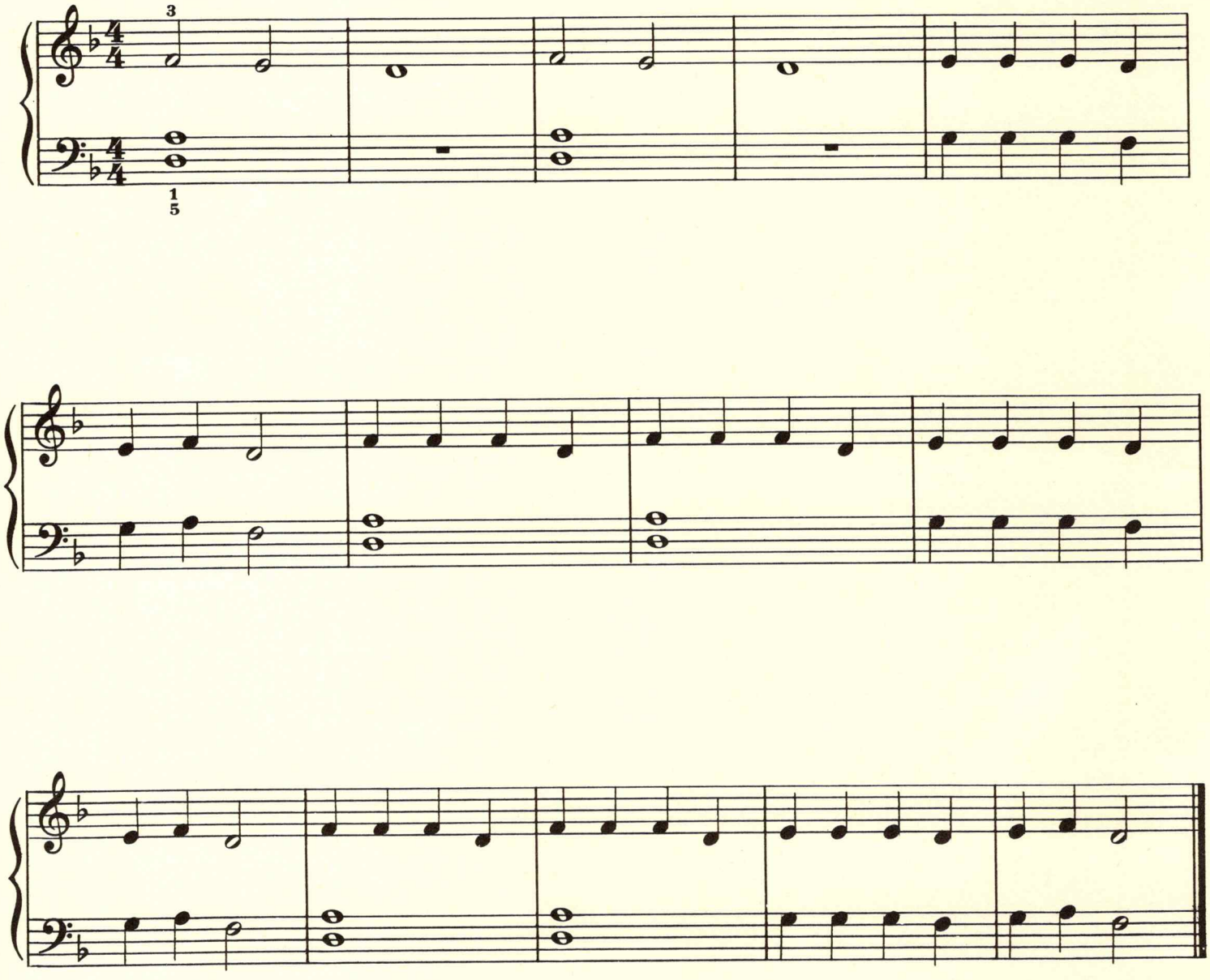
29 THE OLD GRAY HEN

Swiss



30 Ice Skating

French



EXERCISES

1

(Hands alone and together)

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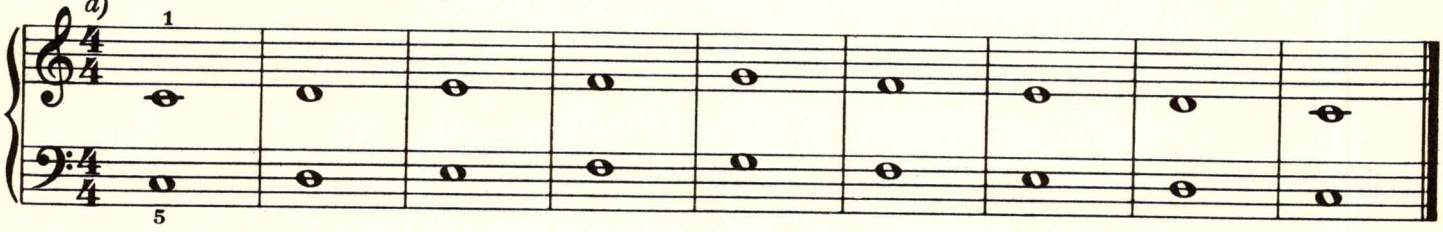

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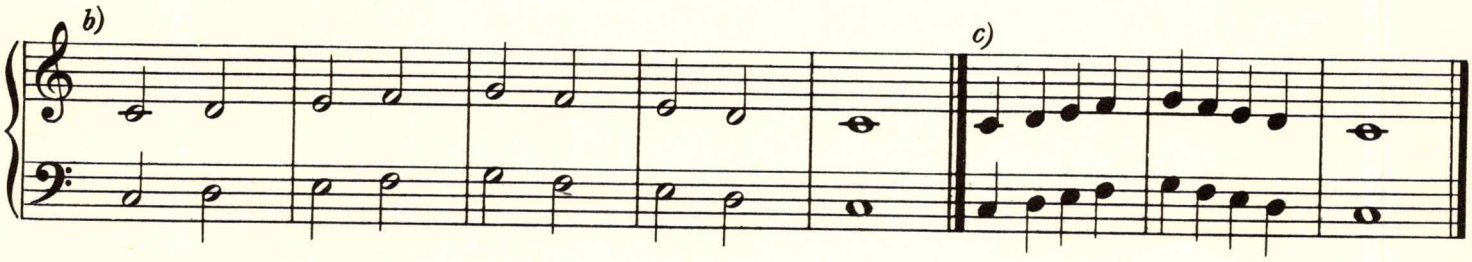

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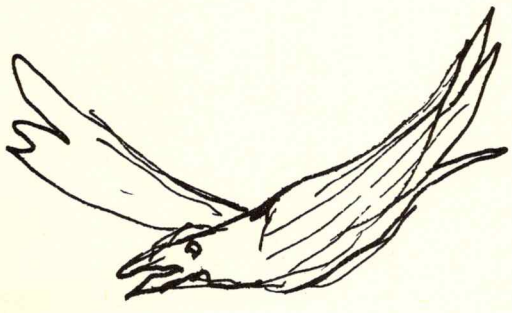

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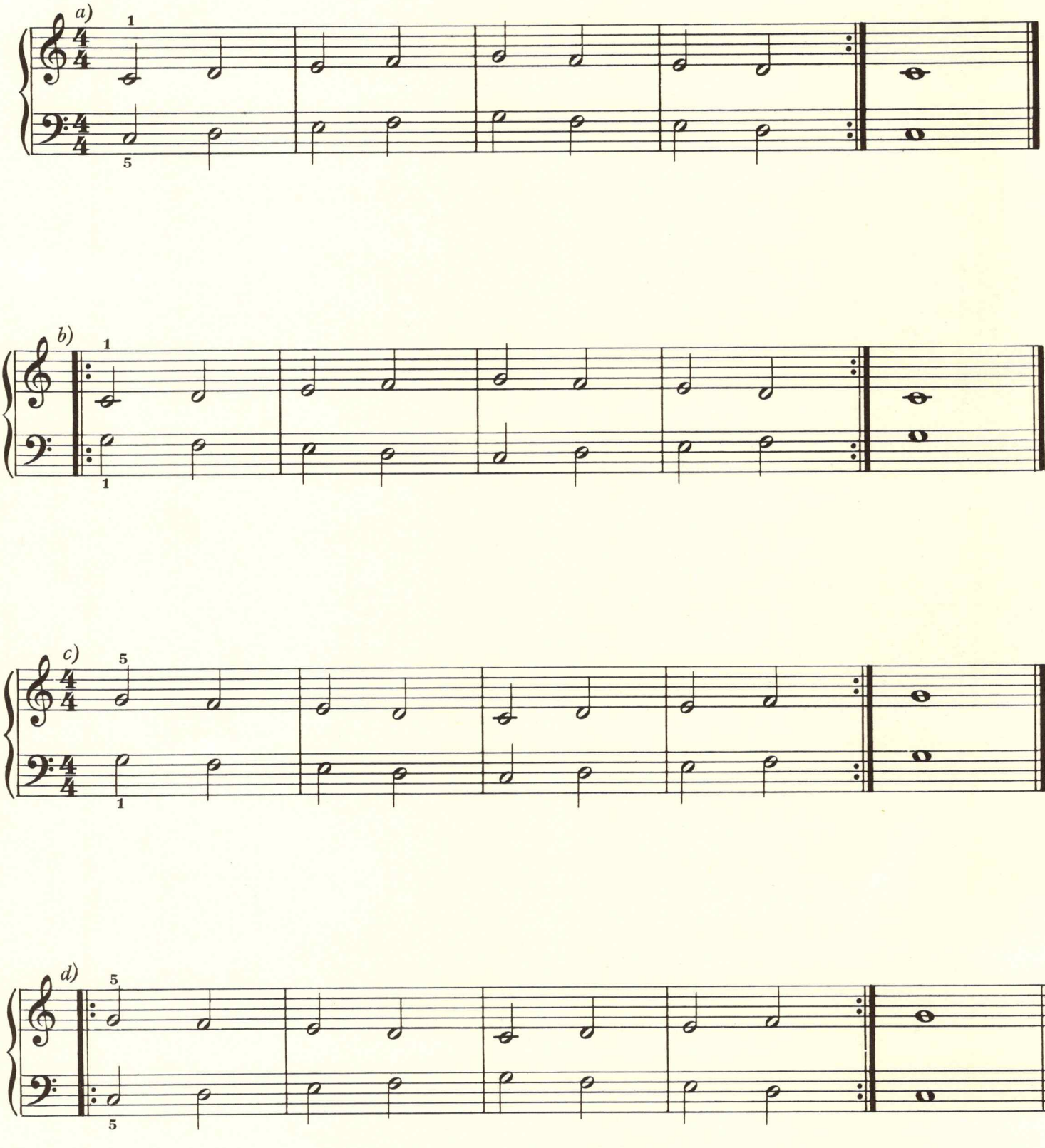

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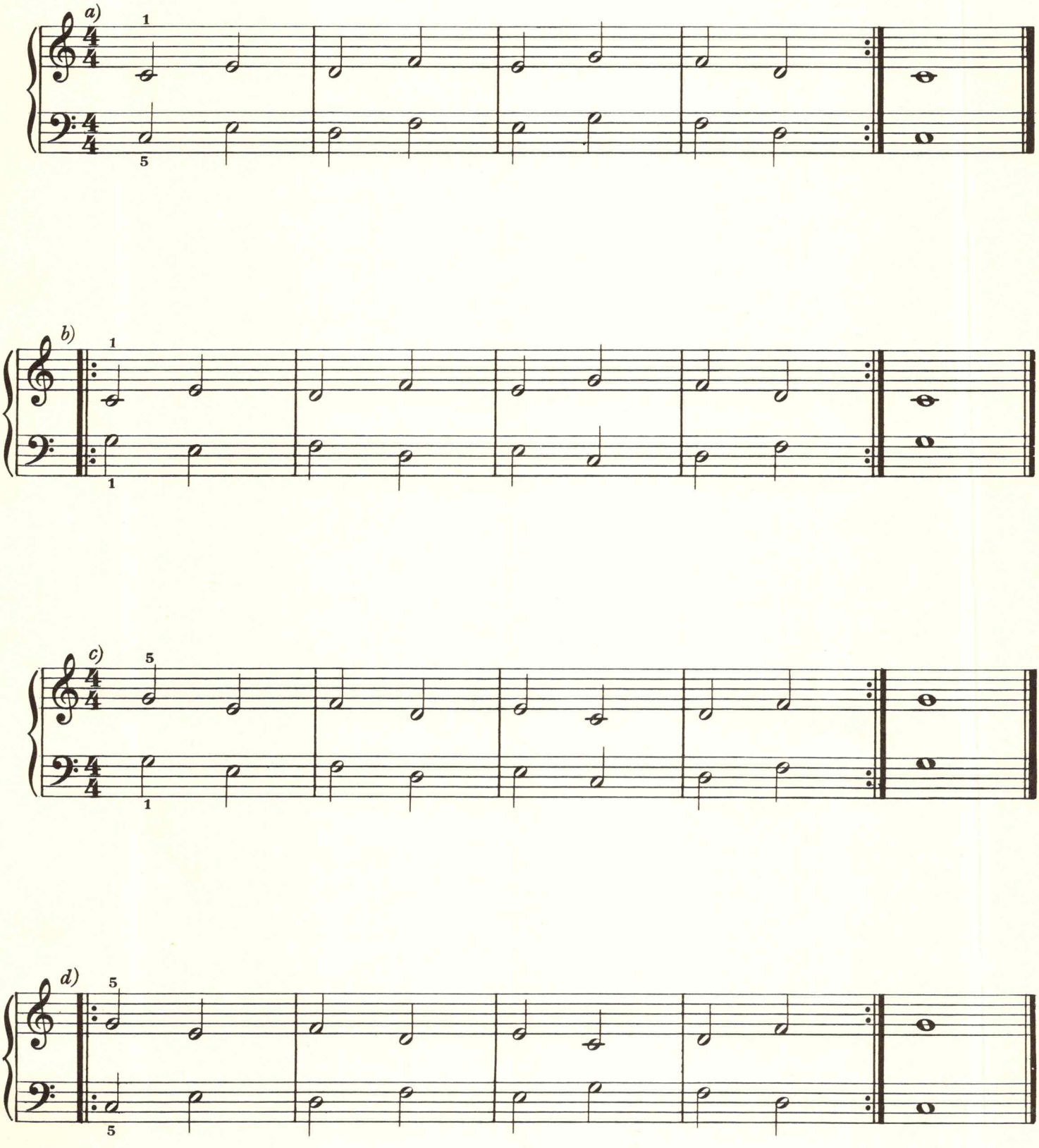

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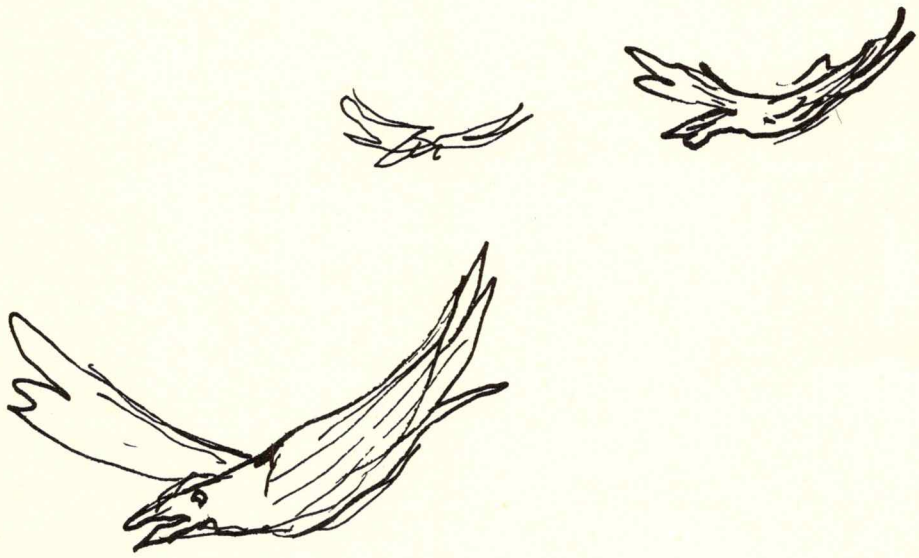
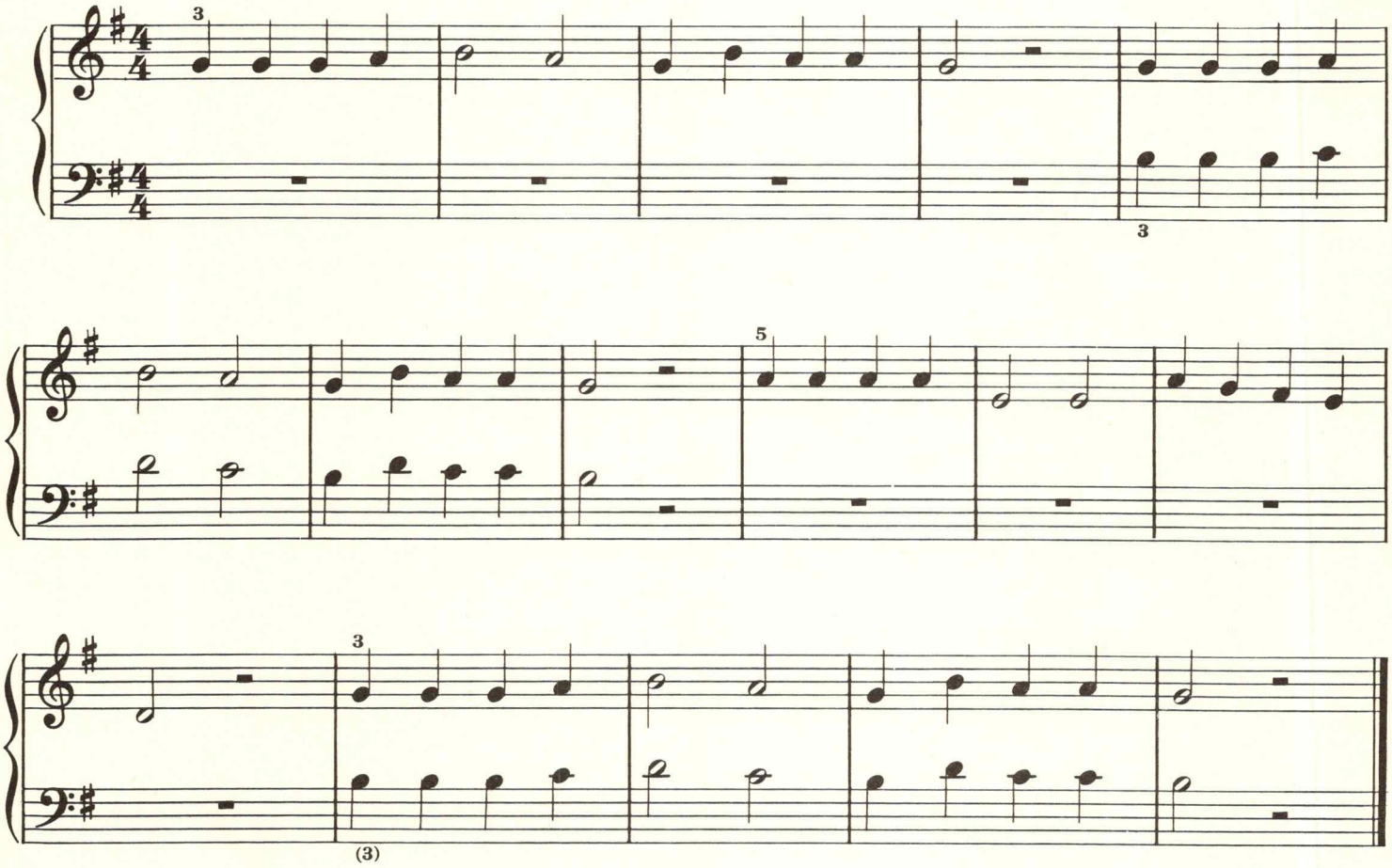


Spanish Lullaby

1 AU CLAIR DE LA LUNE

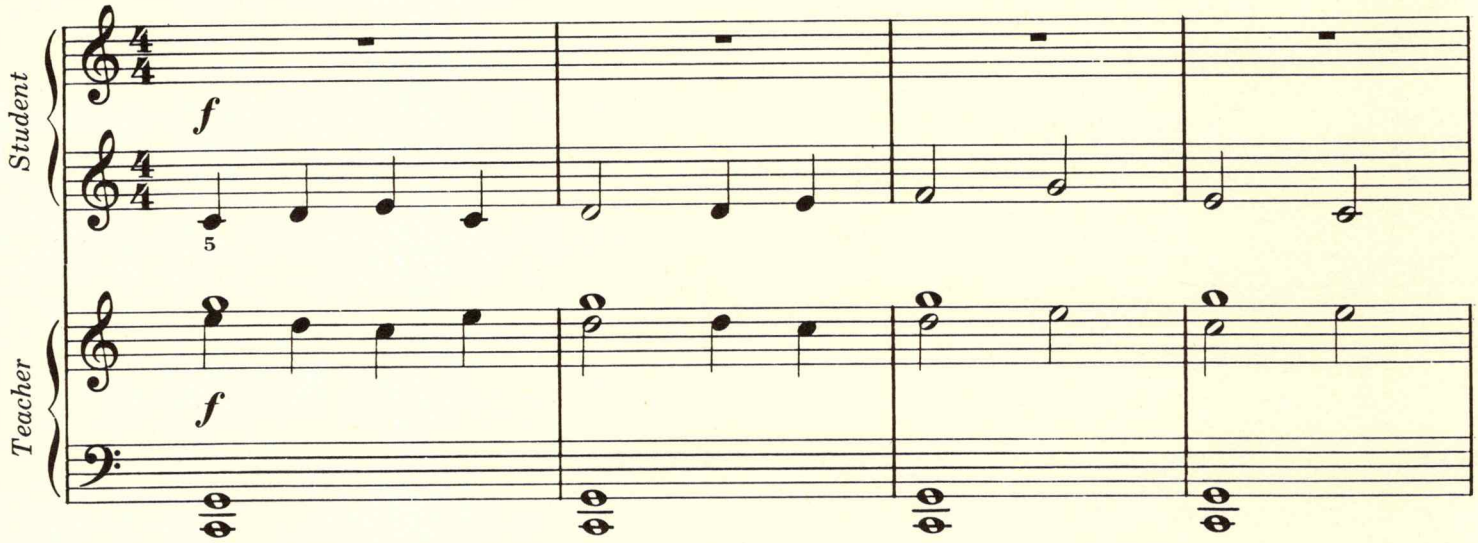
French



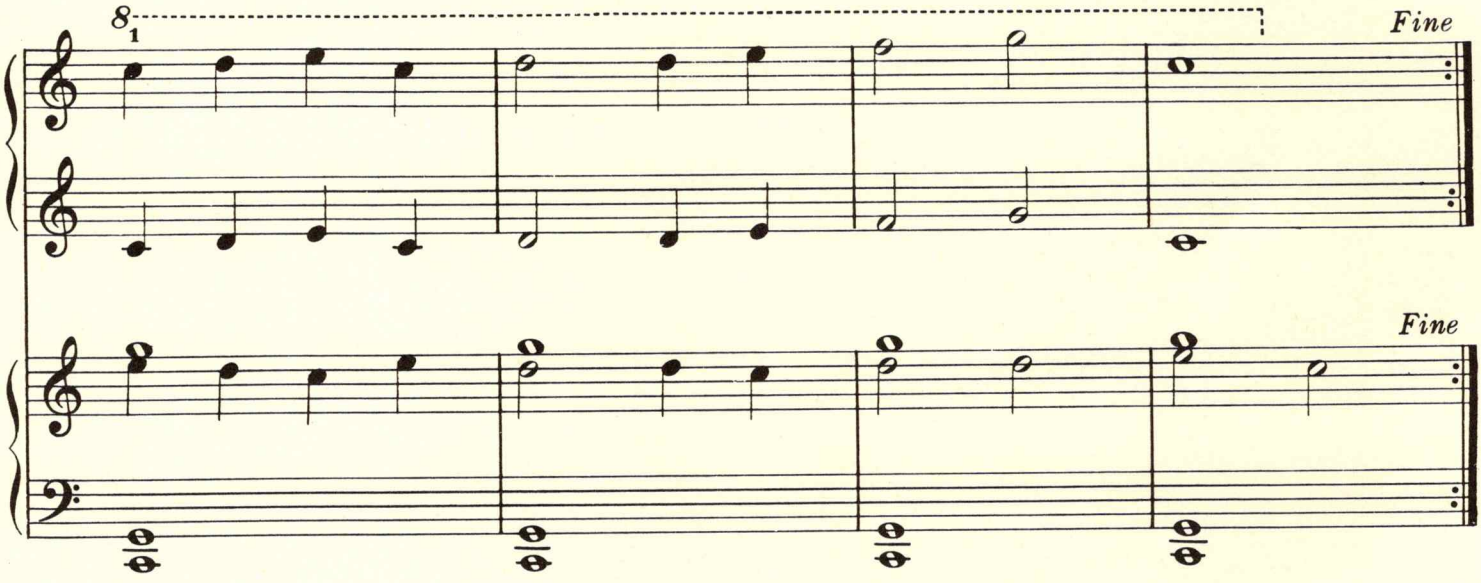
Au clair de la lune, mon ami Pierrot;
Prête moi ta plume pour écrire un mot.
Ma chandelle est morte, je n'ai plus de feu;
Ouvre moi ta porte, pour l'amour de Dieu.

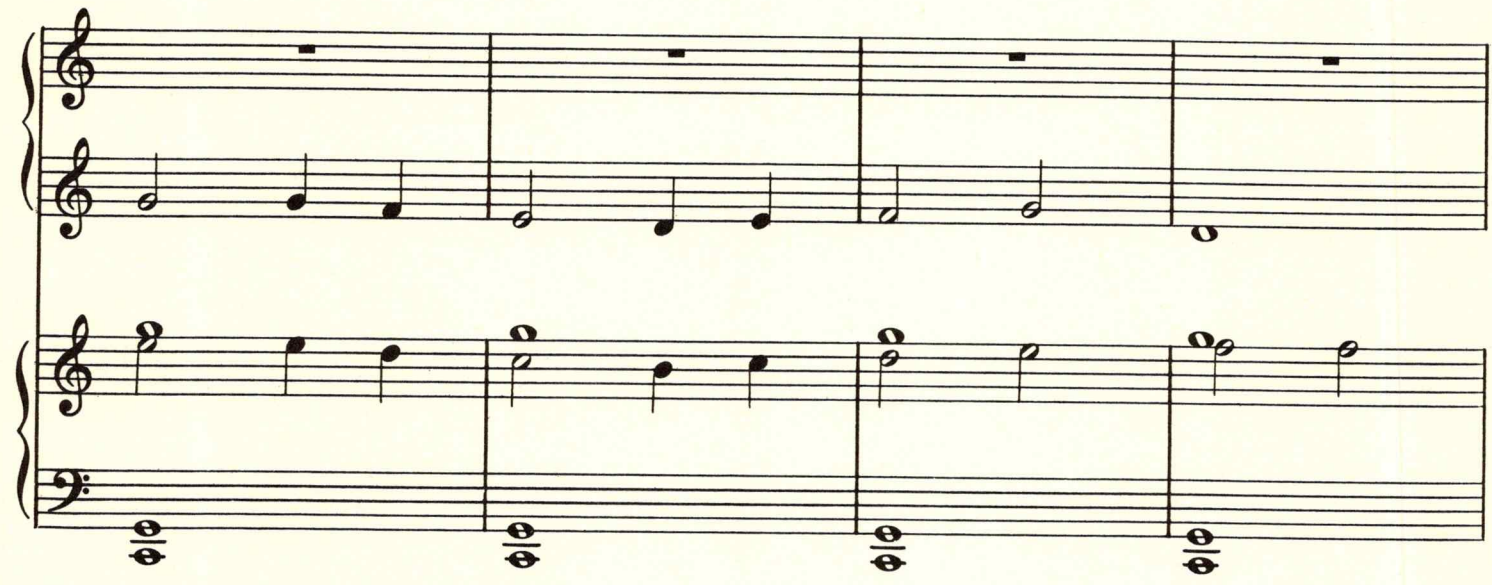
2 J'AI DU BON TABAC

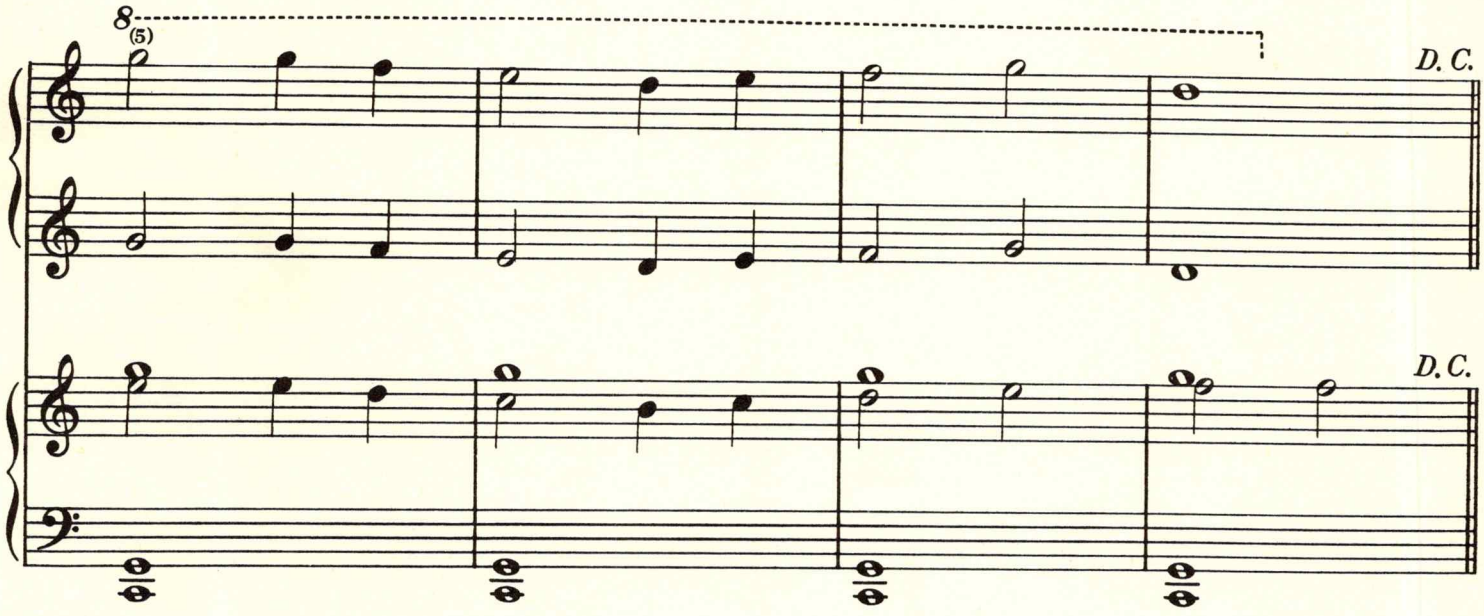
French



Left hand of student crosses right hand of teacher.



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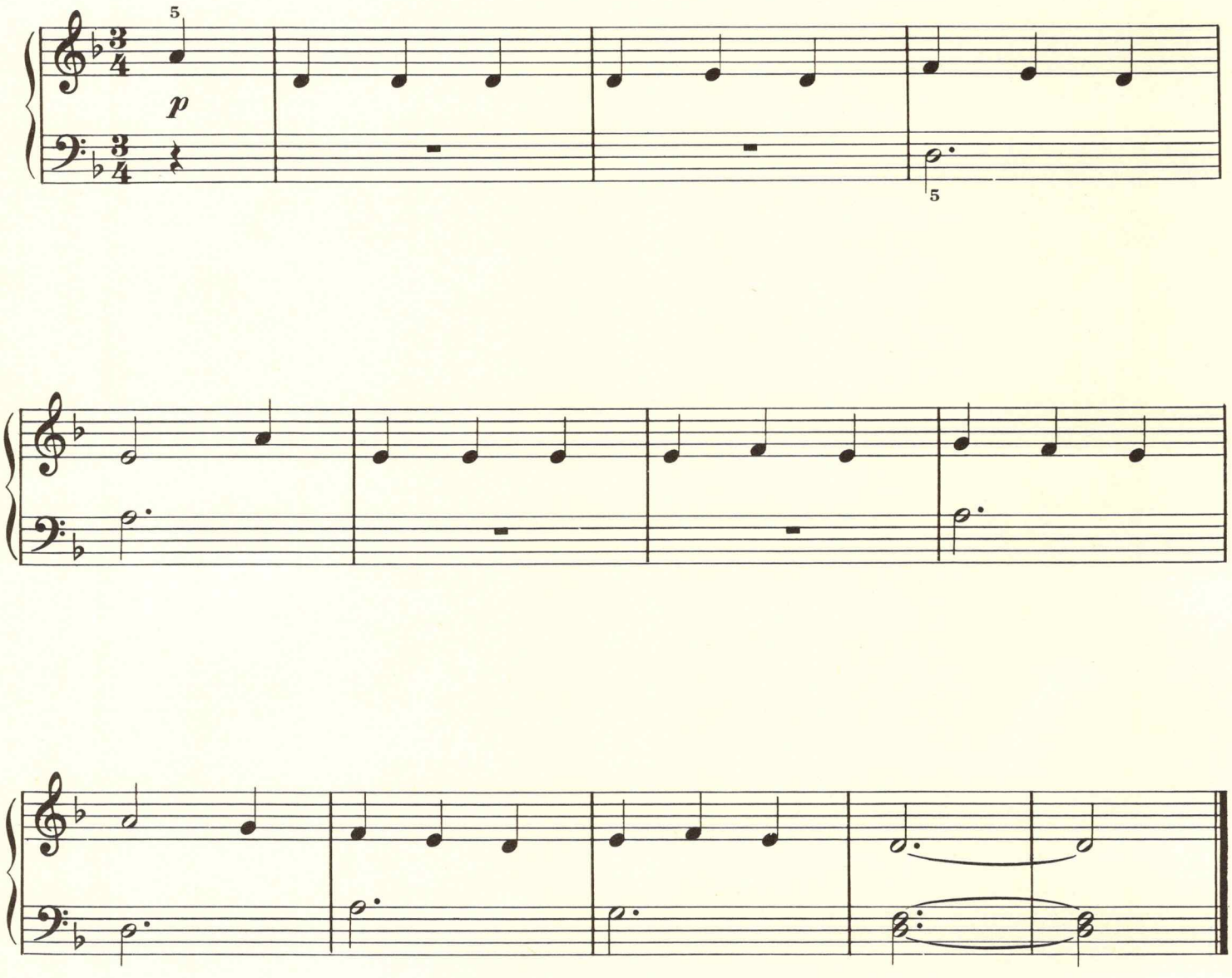
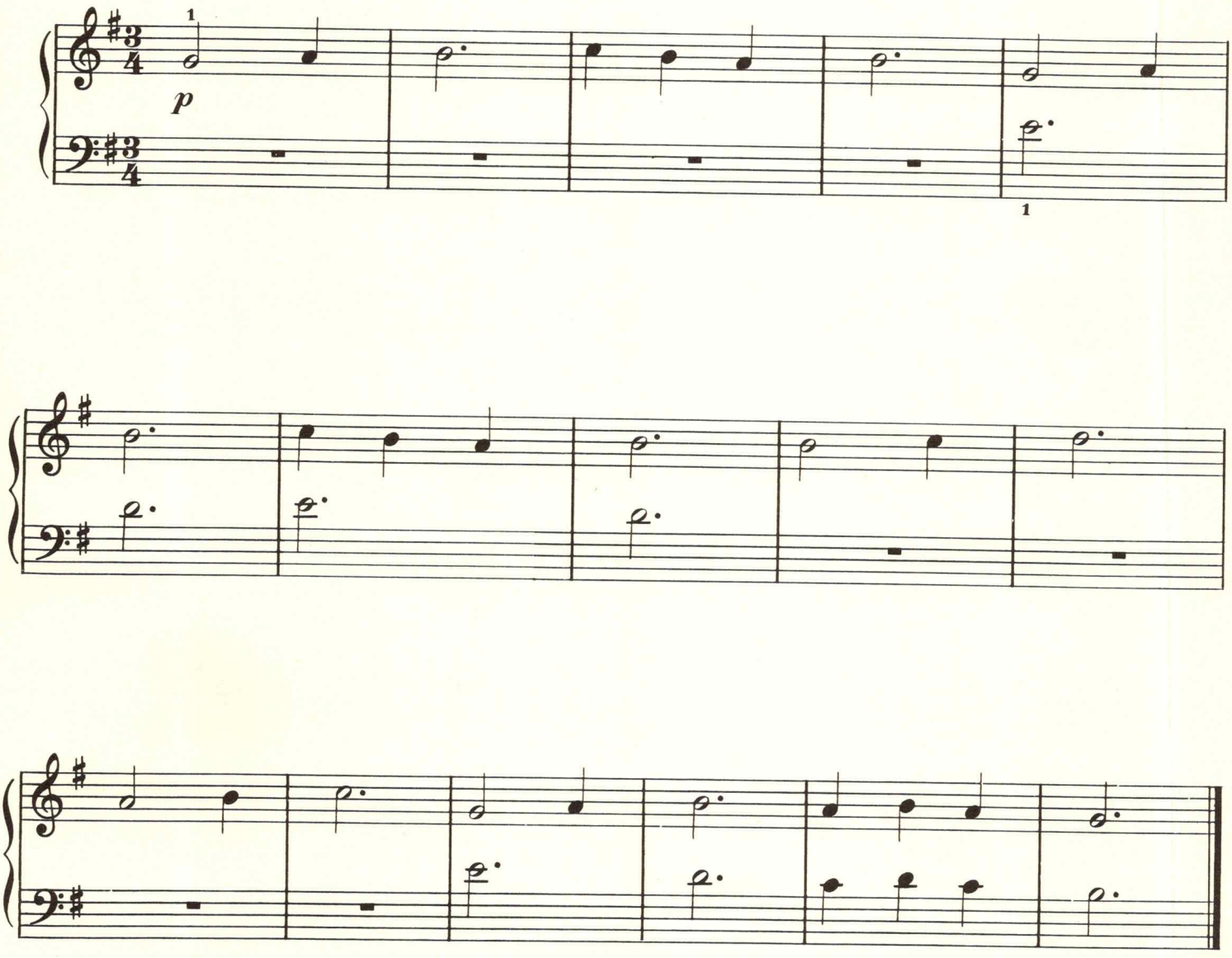
D. C.

3 Norwegian Folk Song

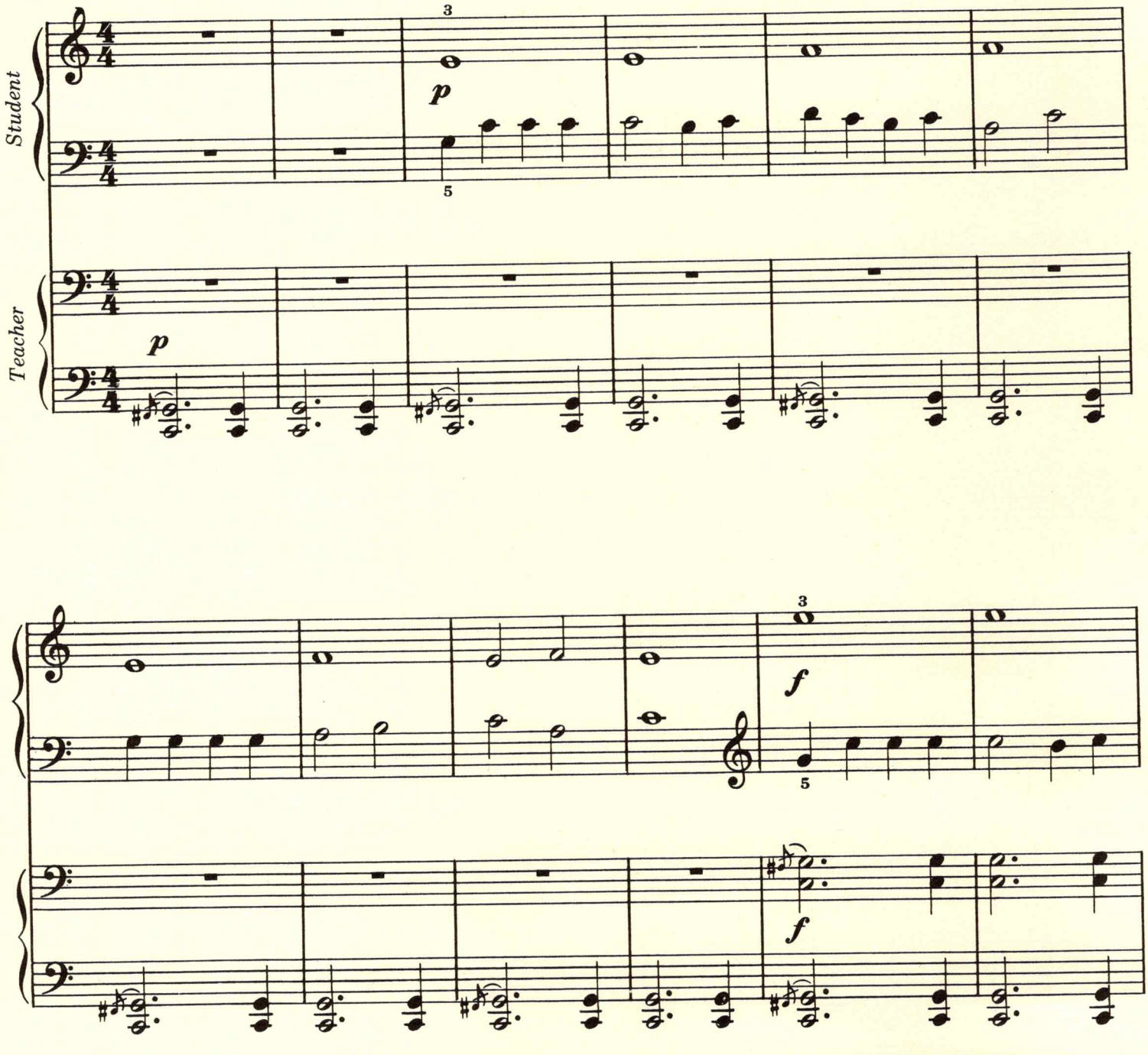


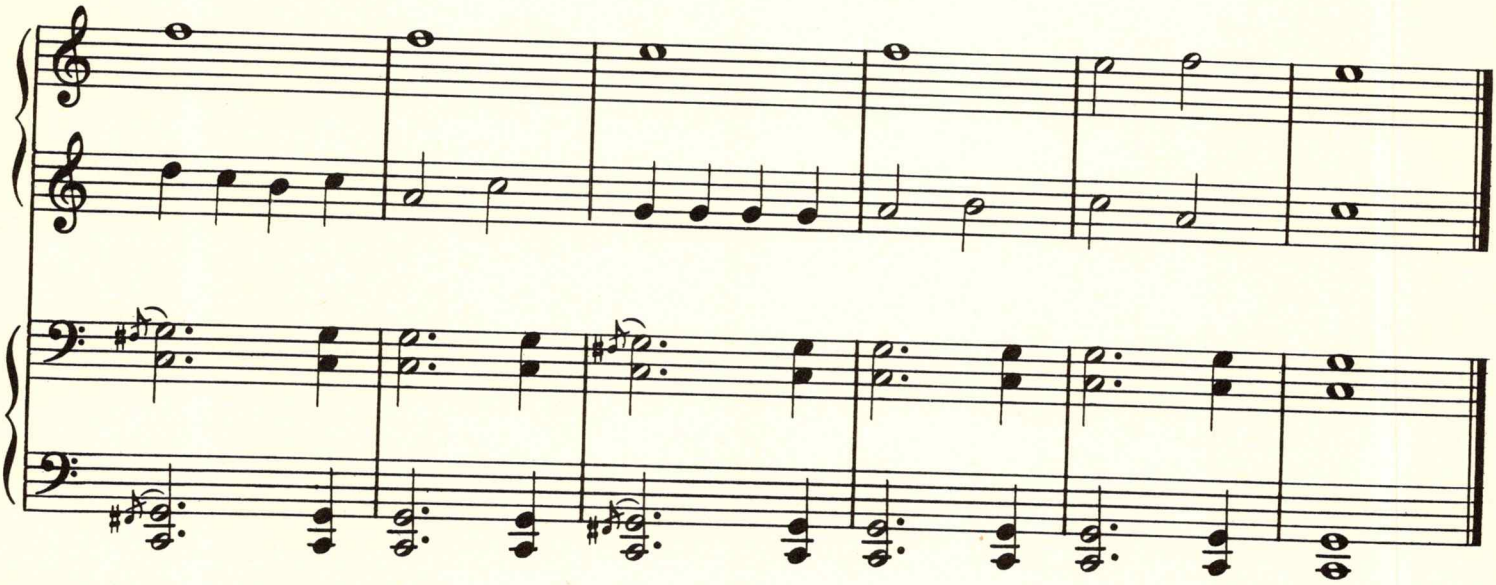
4 French Folk Song



5 Sea Chantey

British

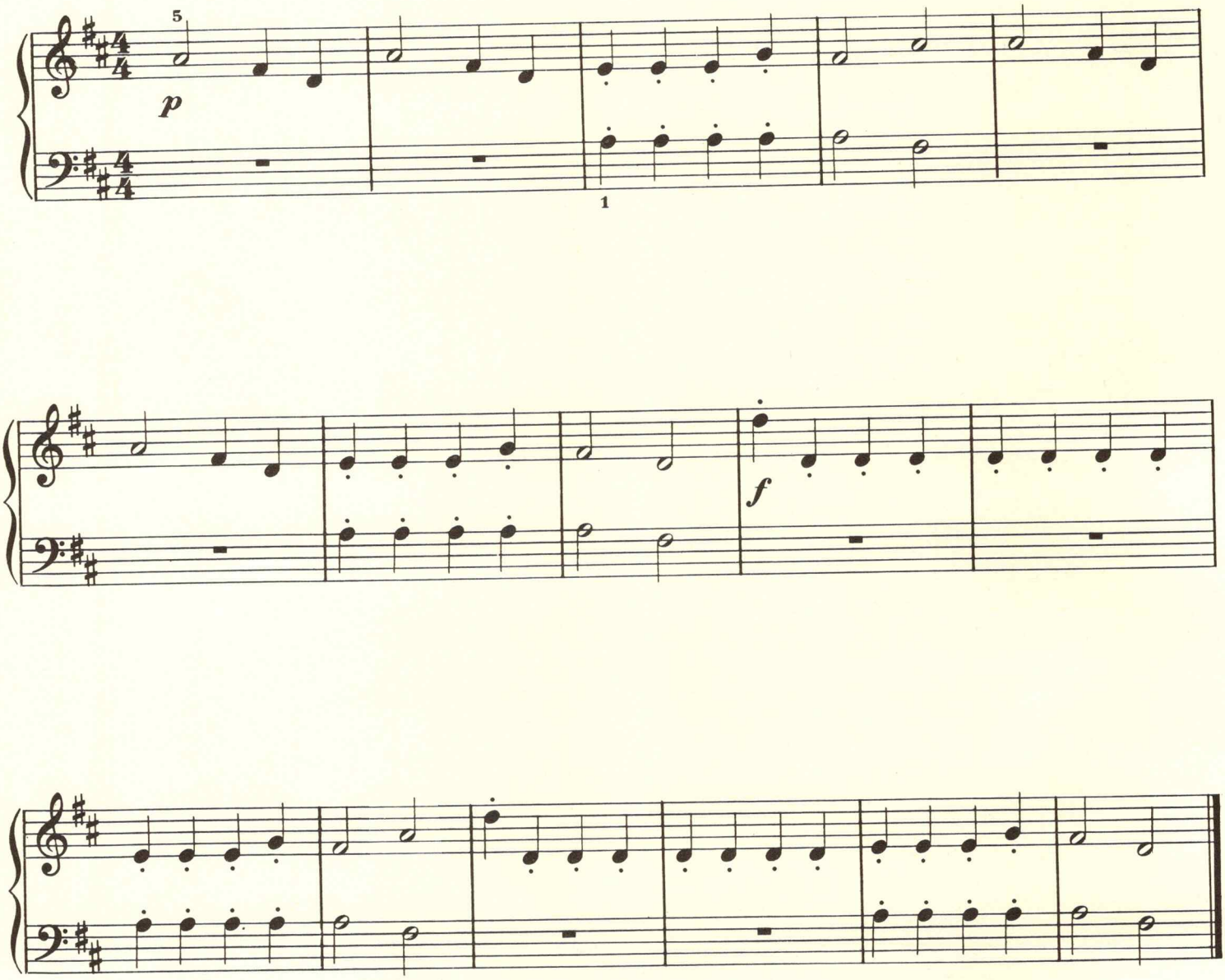




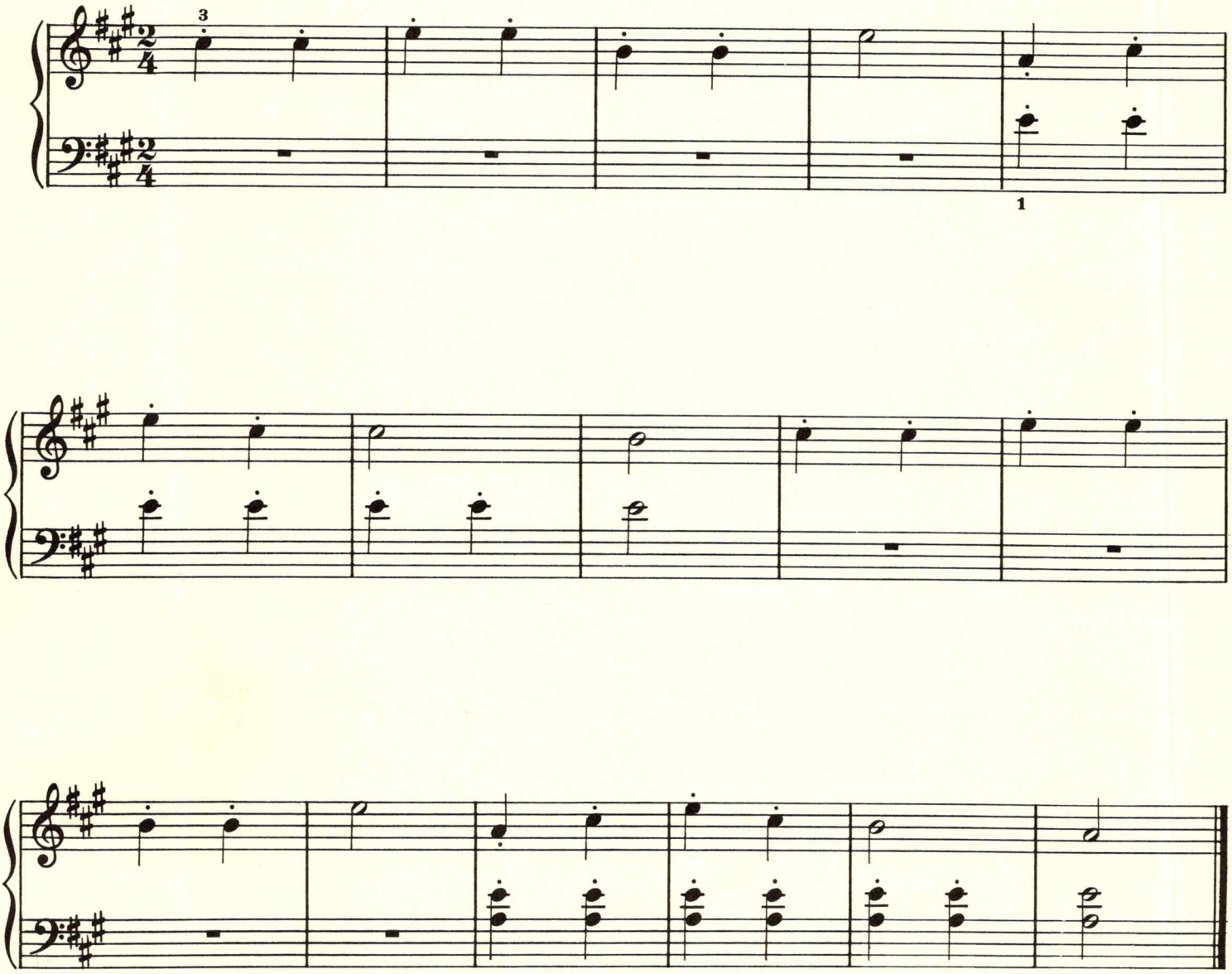
Herbald
1976

6 Deaf Woman's Courtship

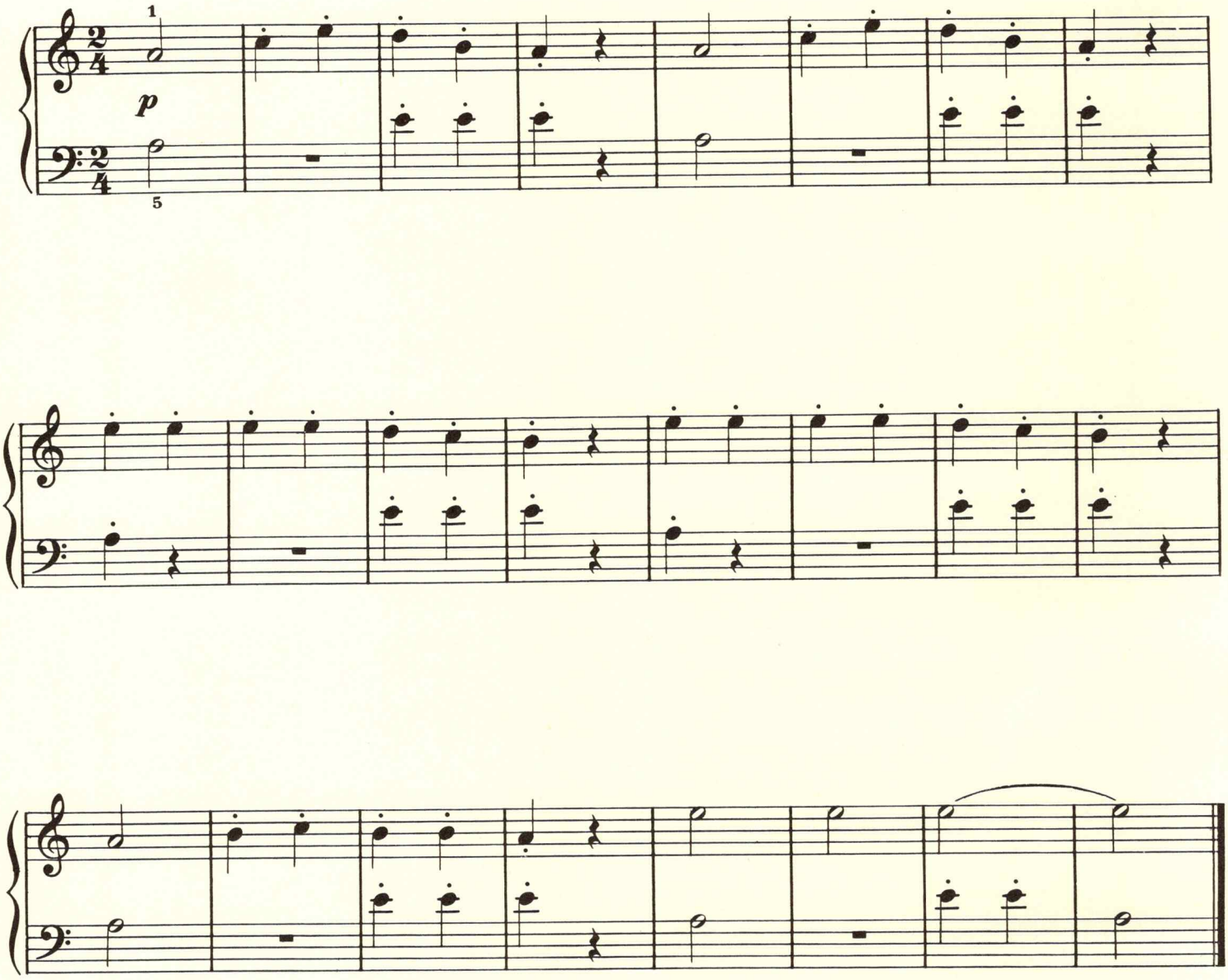
American



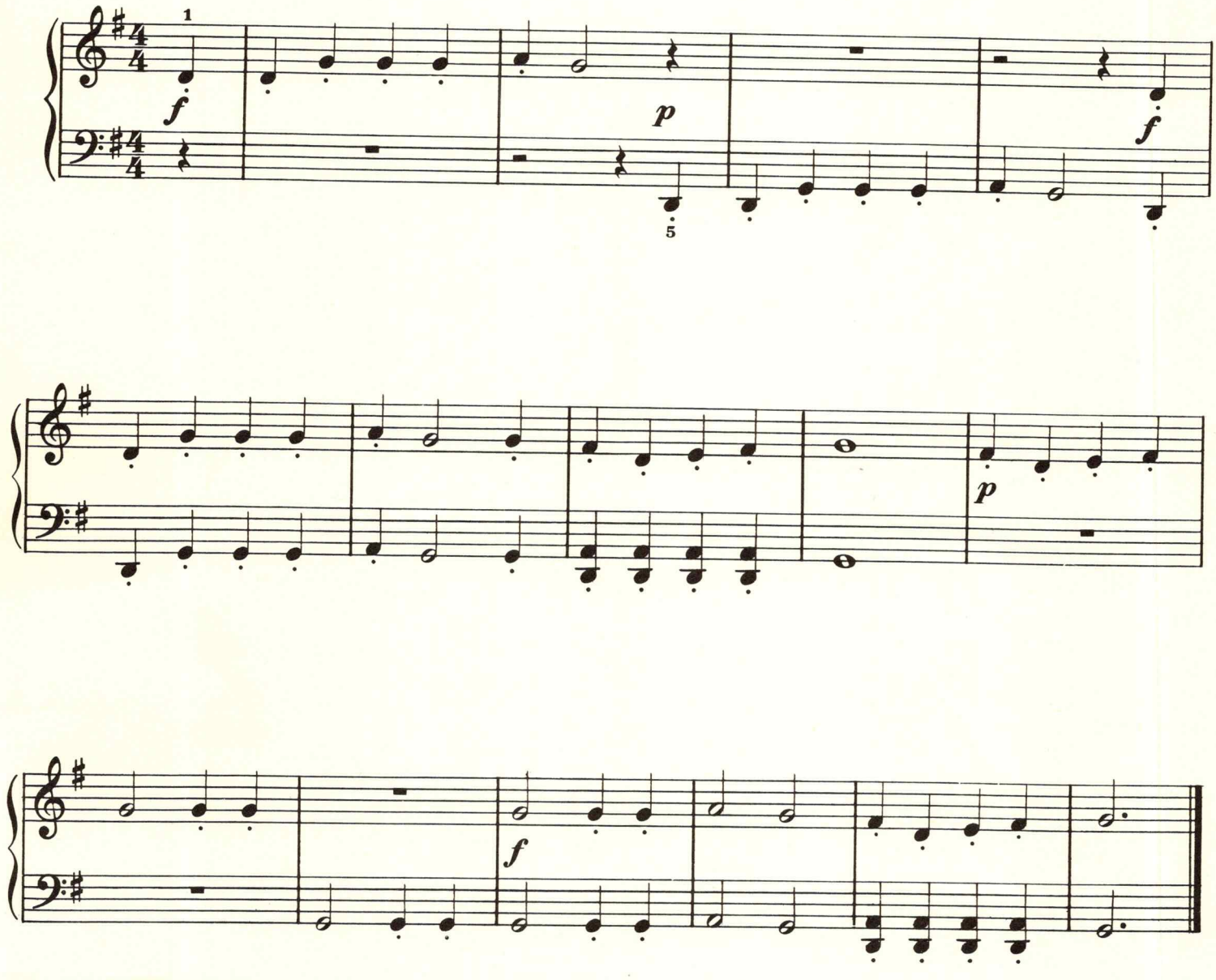
7 American Folk Song



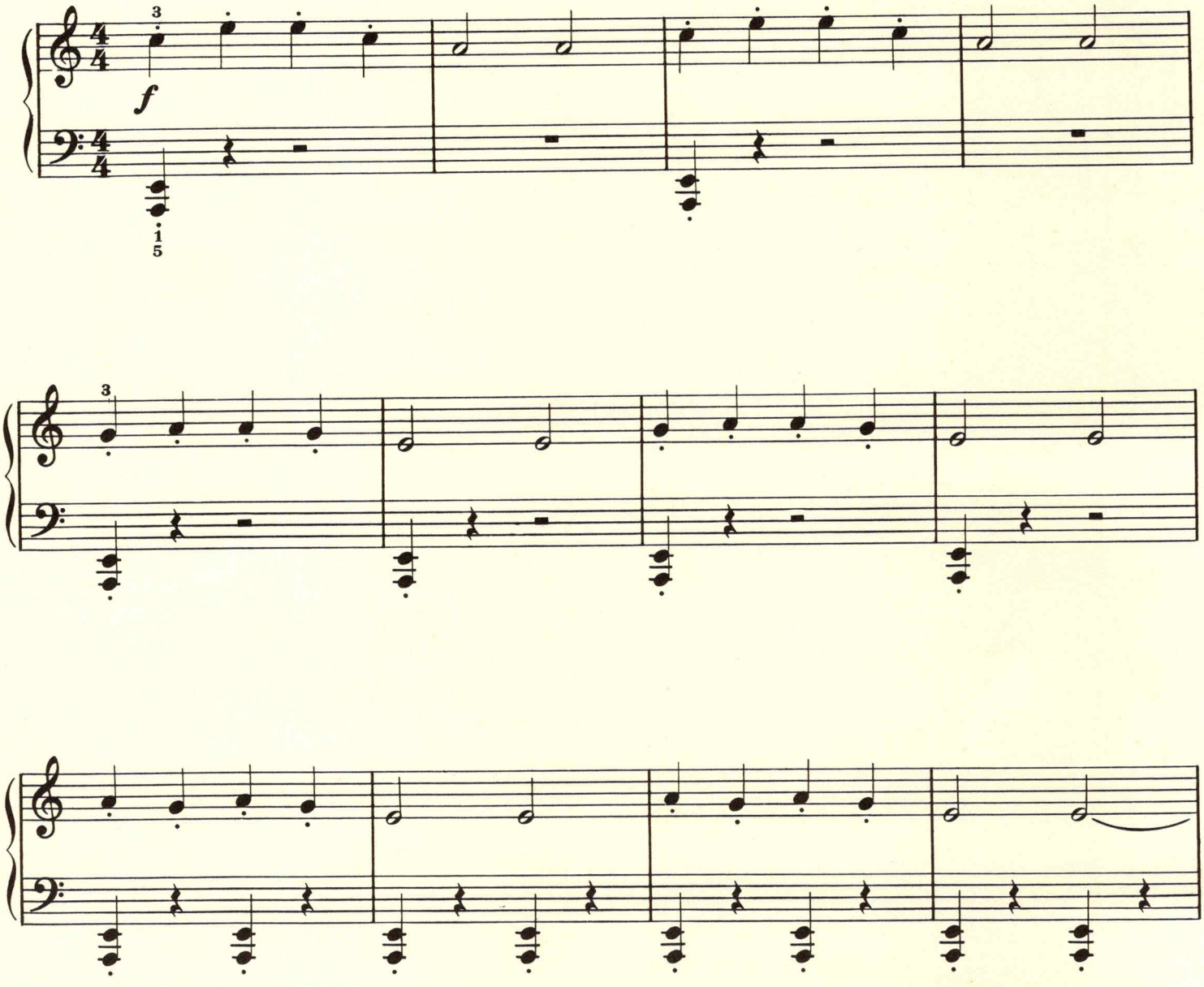
8 French Folk Song

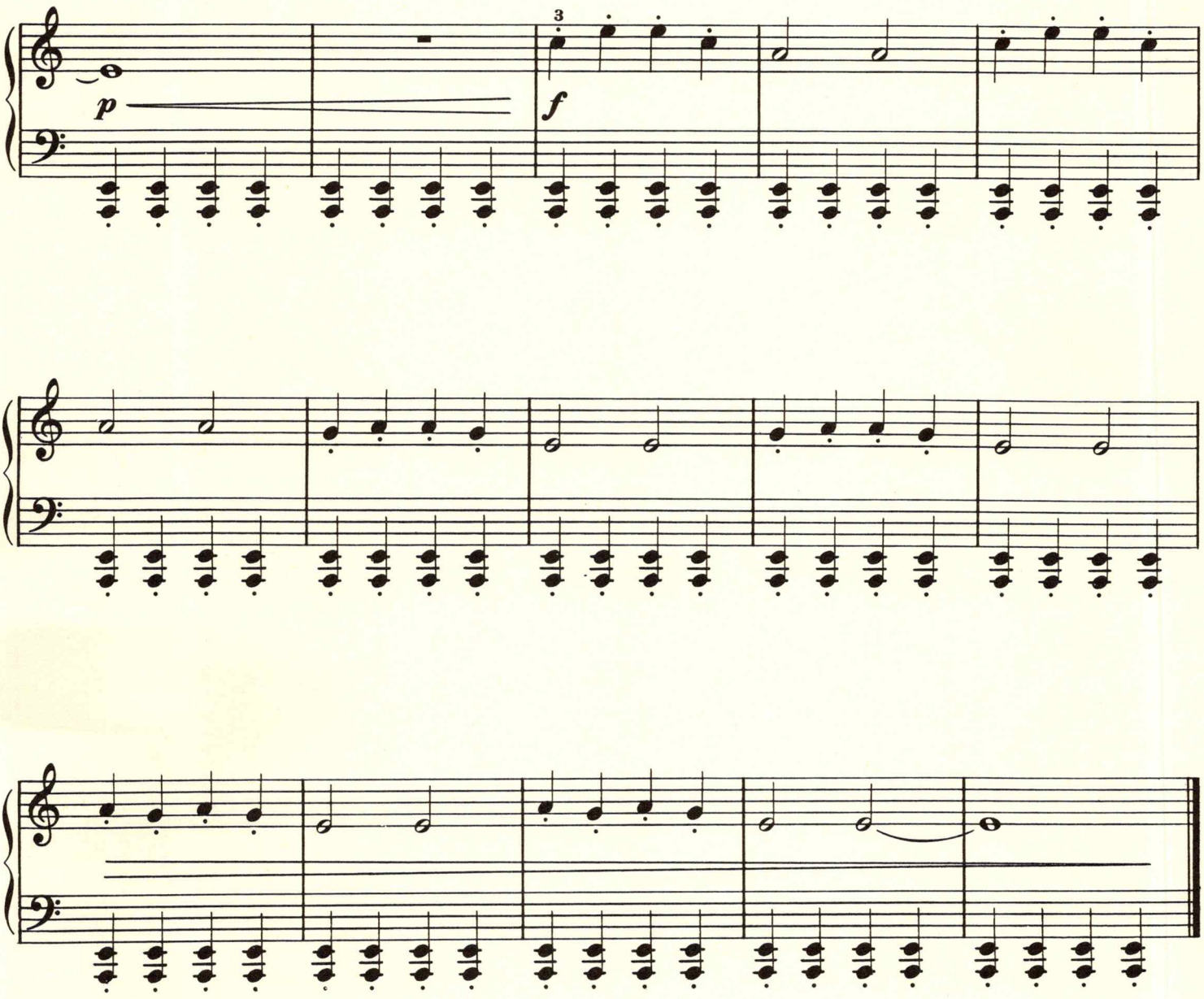


9 Song from the British Isles



10 Navajo Indian Song

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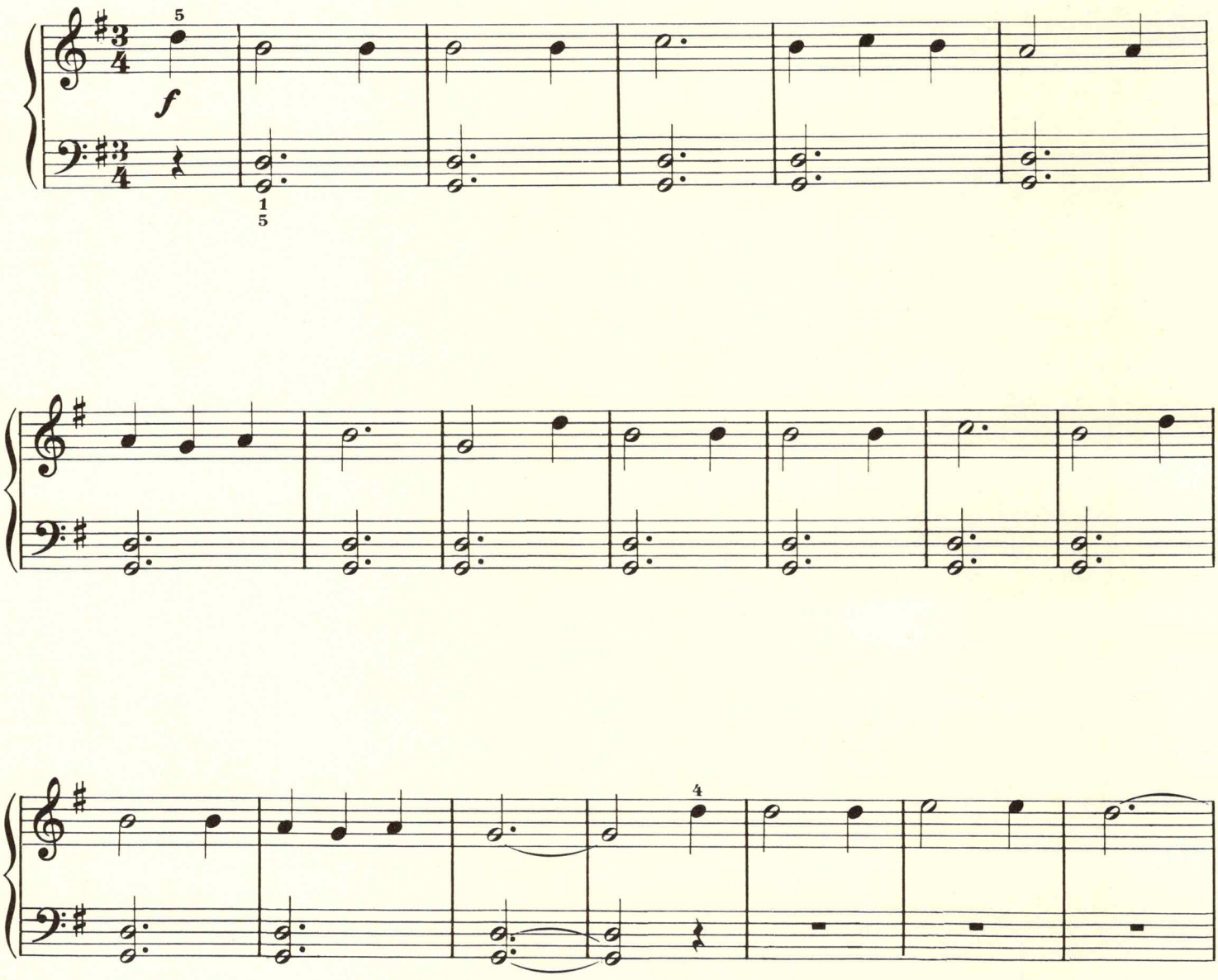
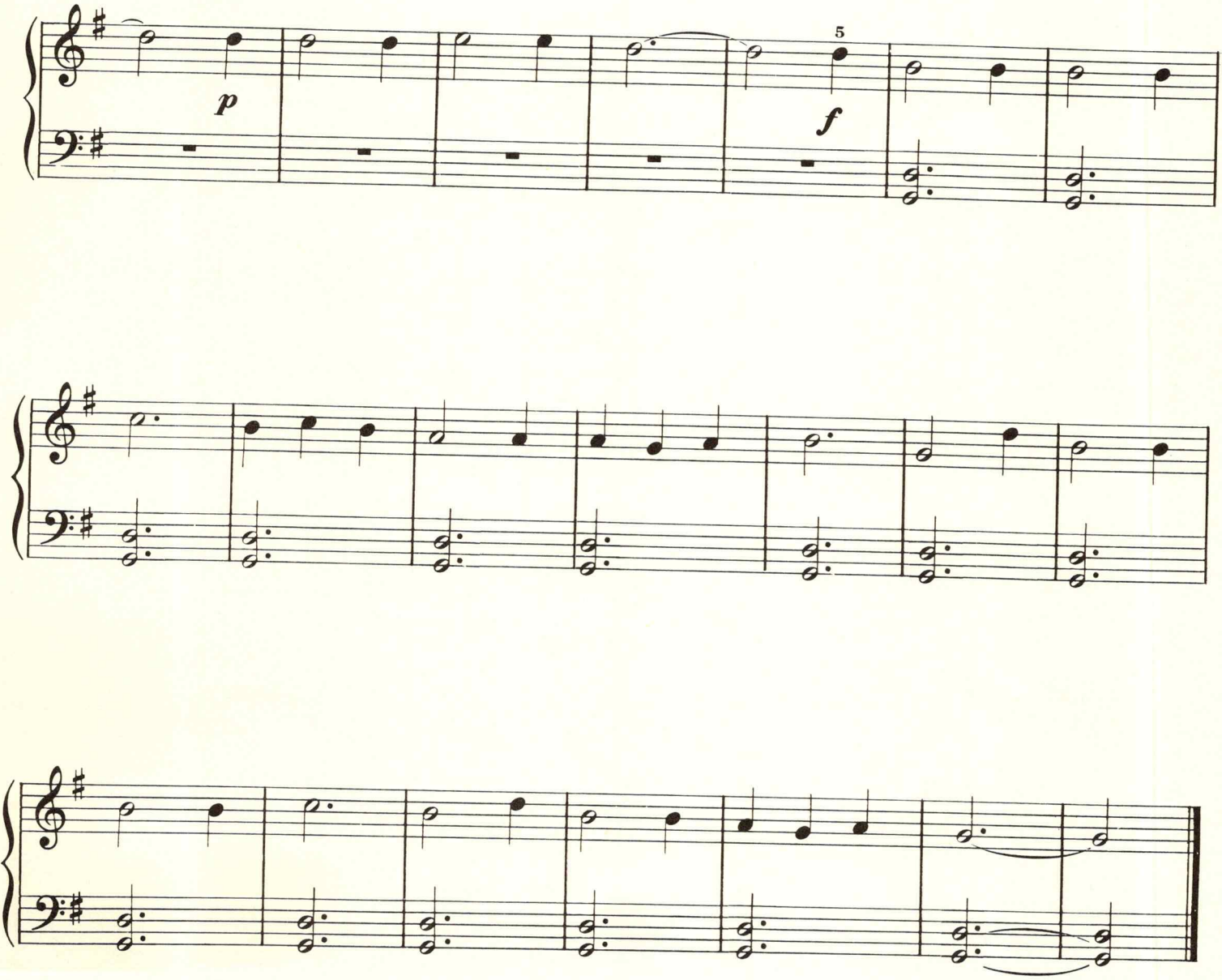
11 The Bear Went Over the Mountain

American

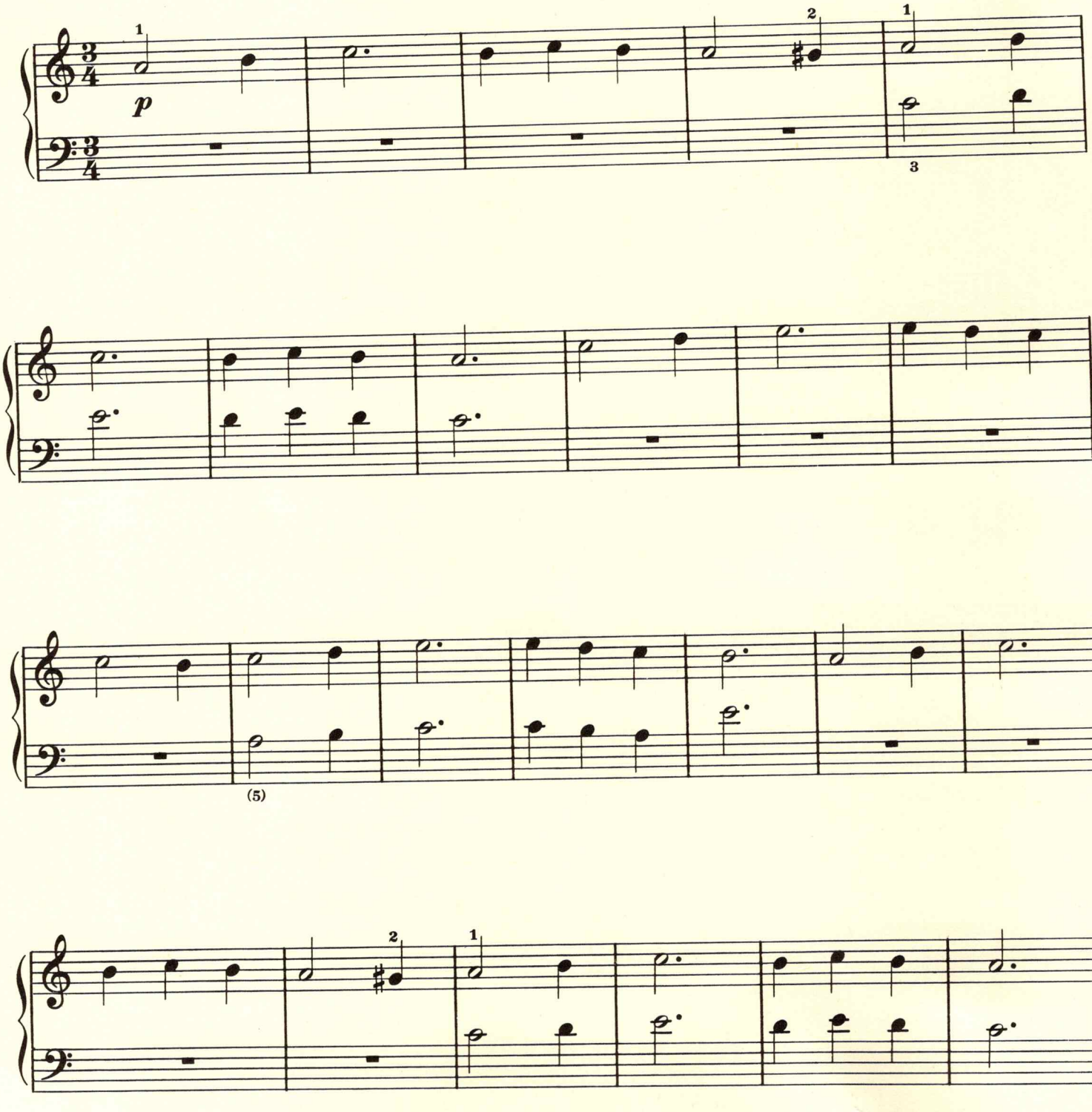




The bear went over the mountain,
The bear went over the mountain,
The bear went over the mountain,
To see what he could see.

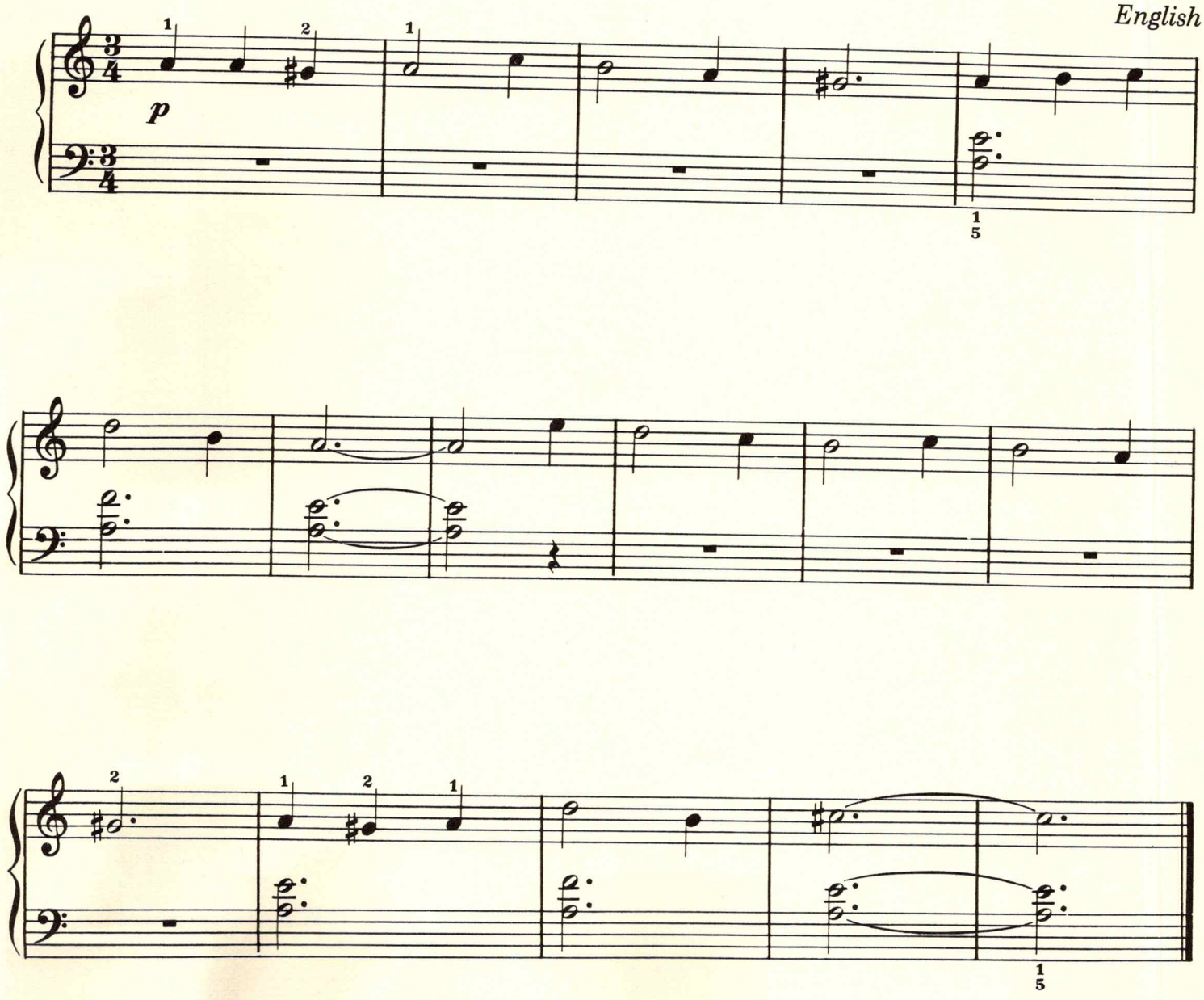
Now all that he could see,
Now all that he could see,
Was the other side of the mountain,
The other side of the mountain,
The other side of the mountain,
Was all that he could see.

12 Basque Folk Song



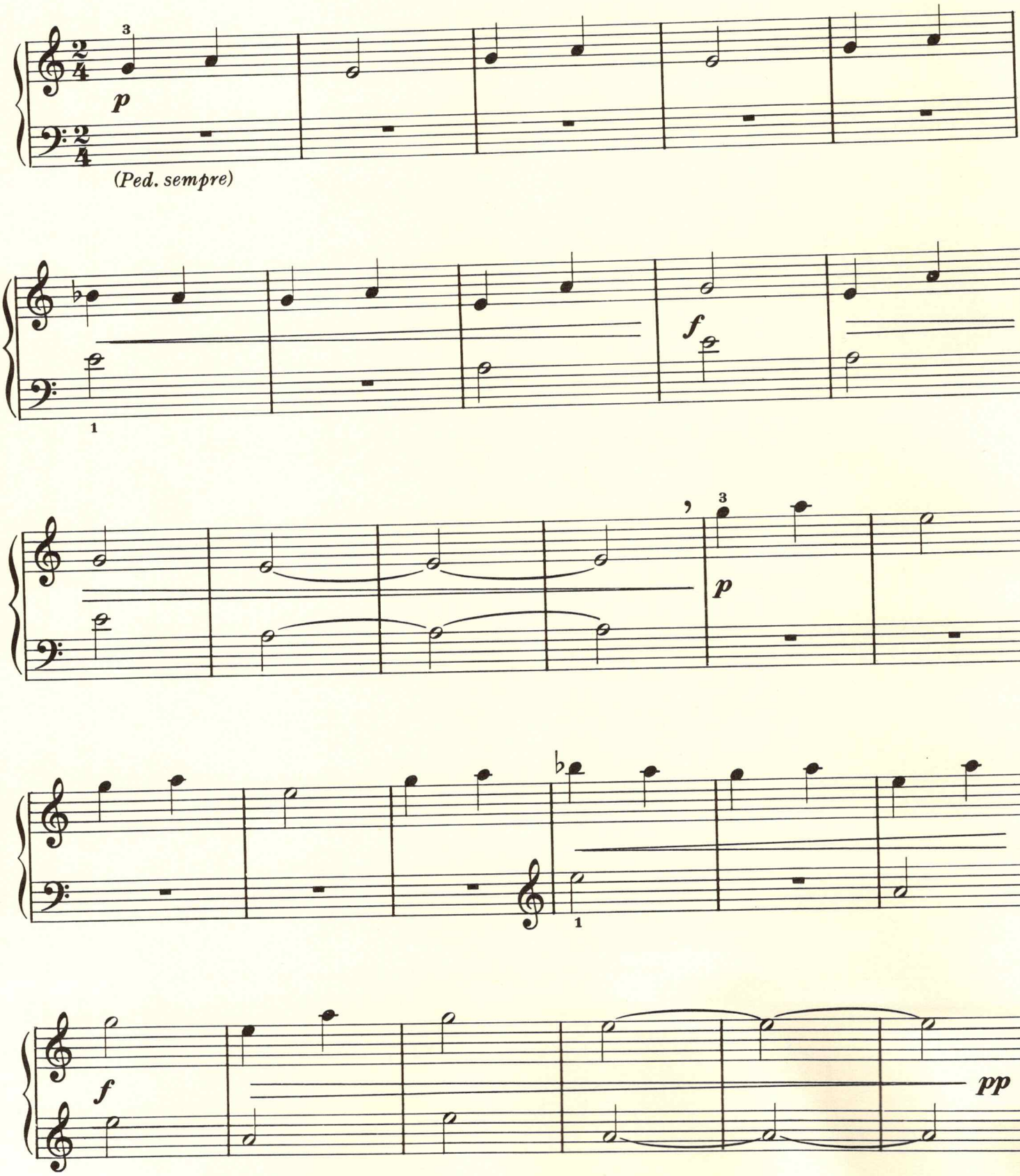
13 Coventry Carol

English



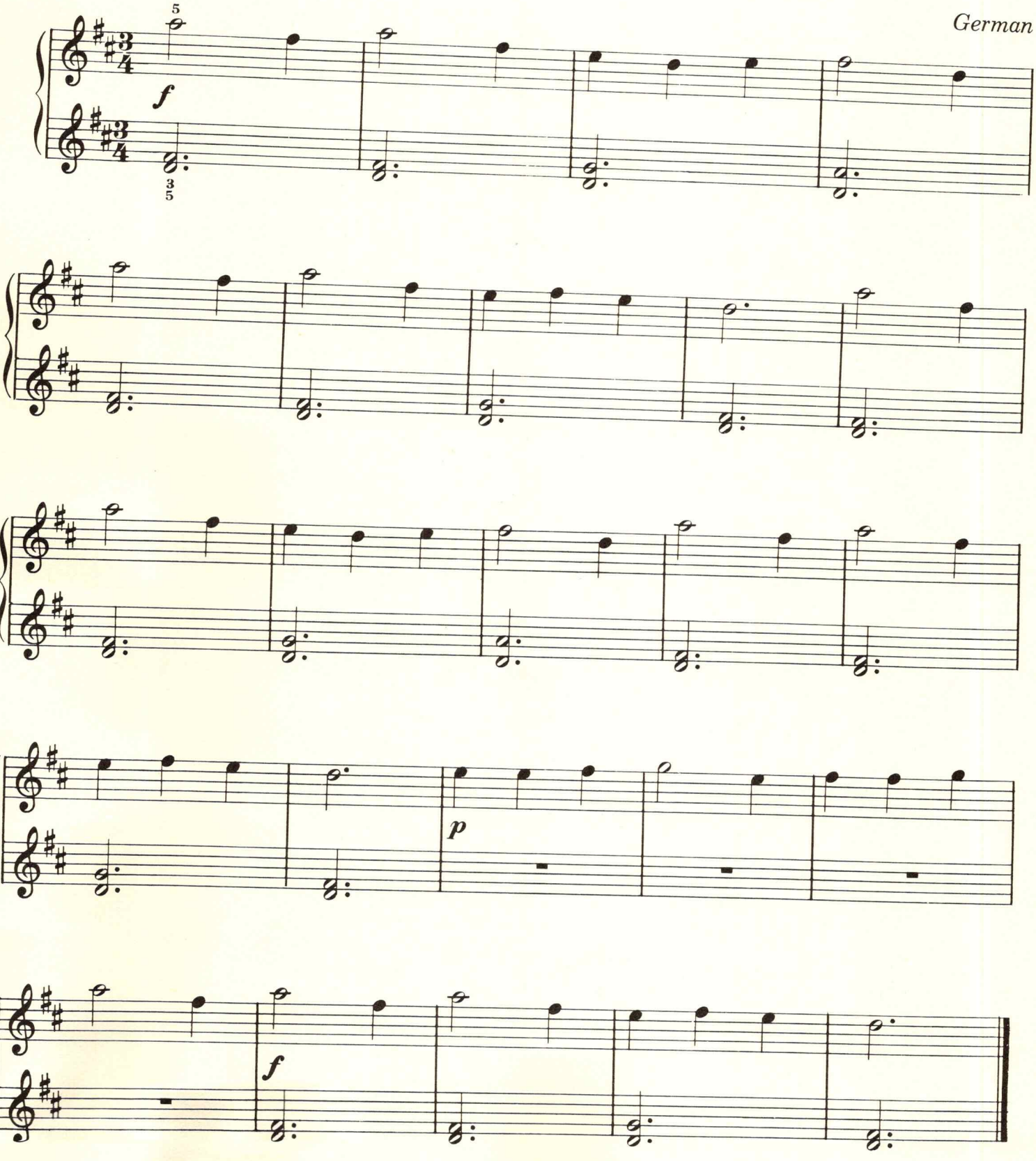
14 LES CLOCHES

French

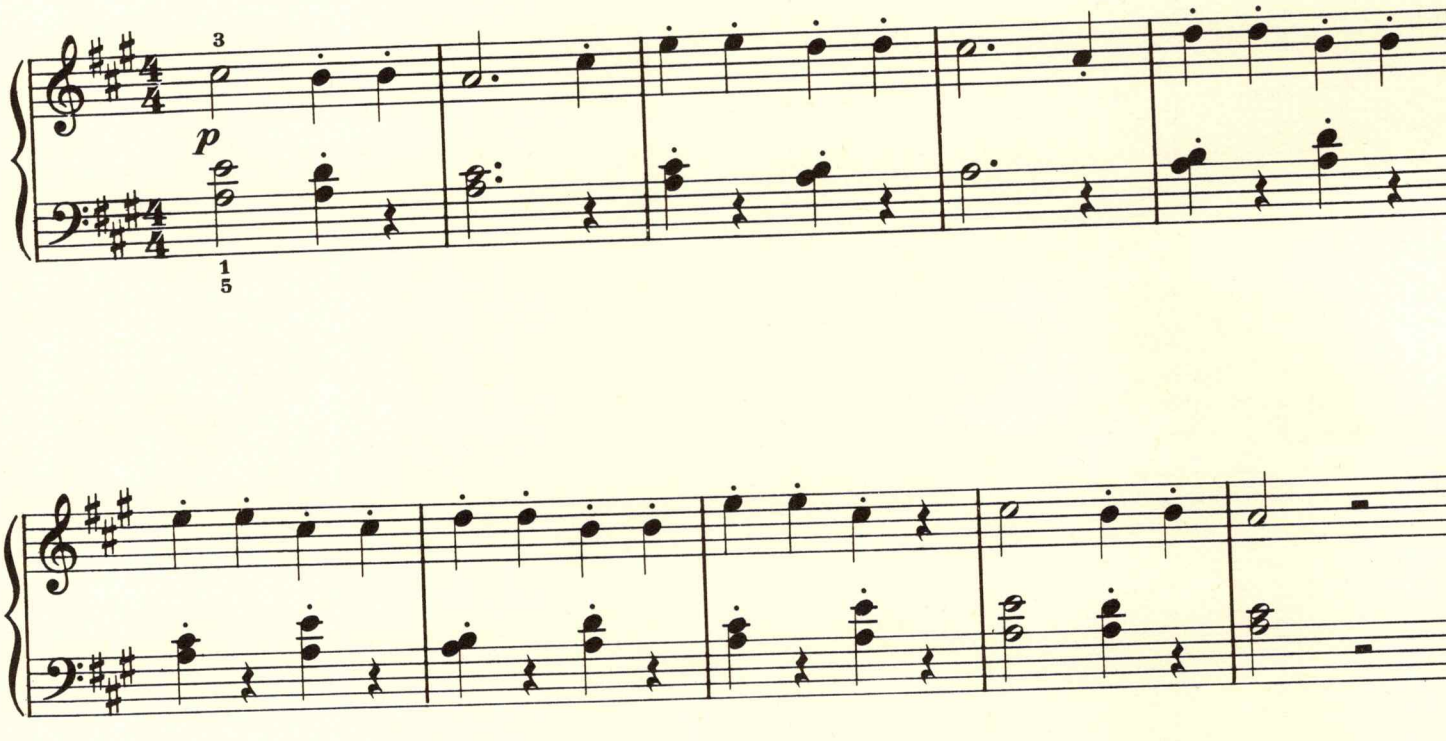


15 KUCKUCK

German

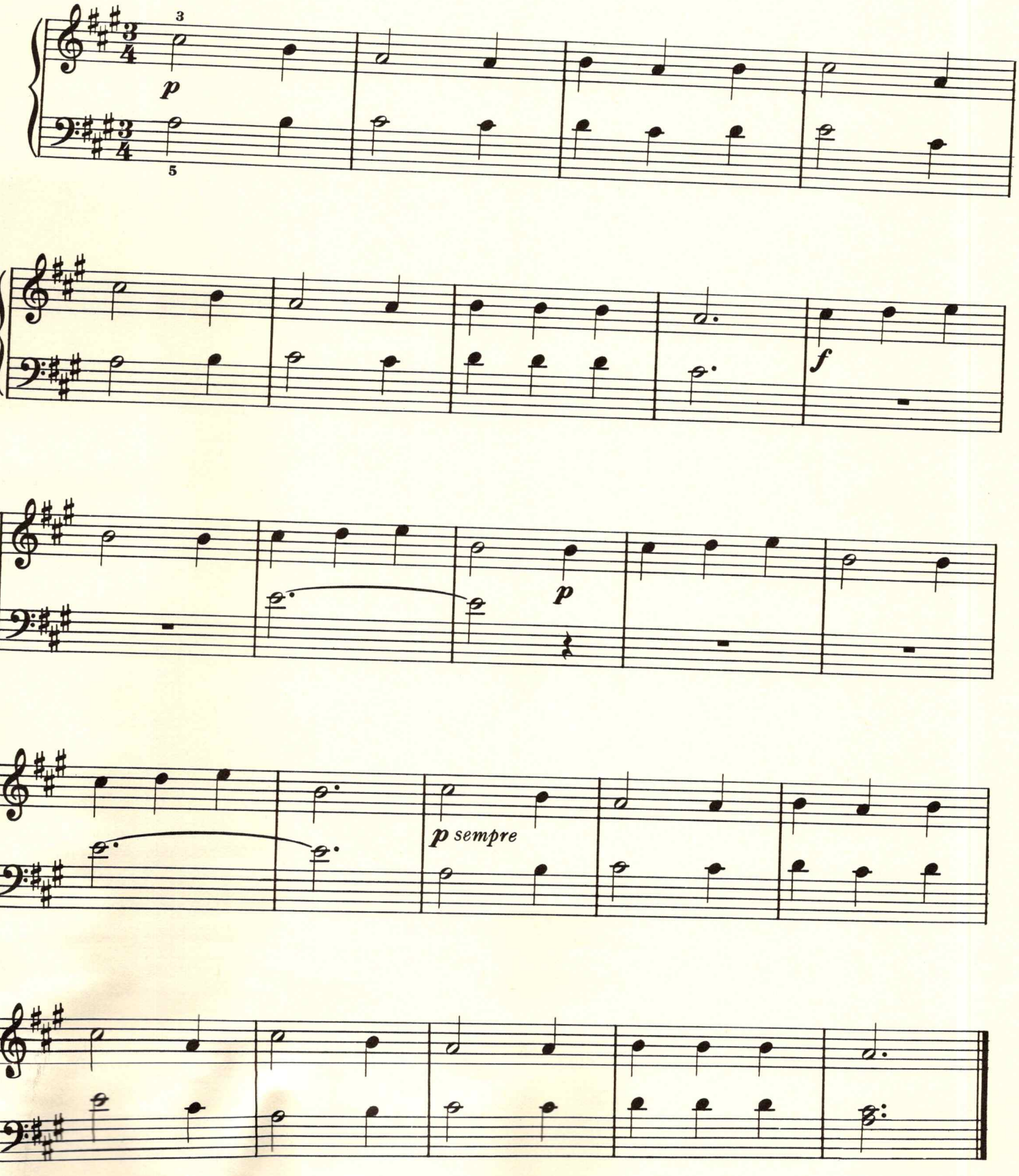


16 German Lullaby



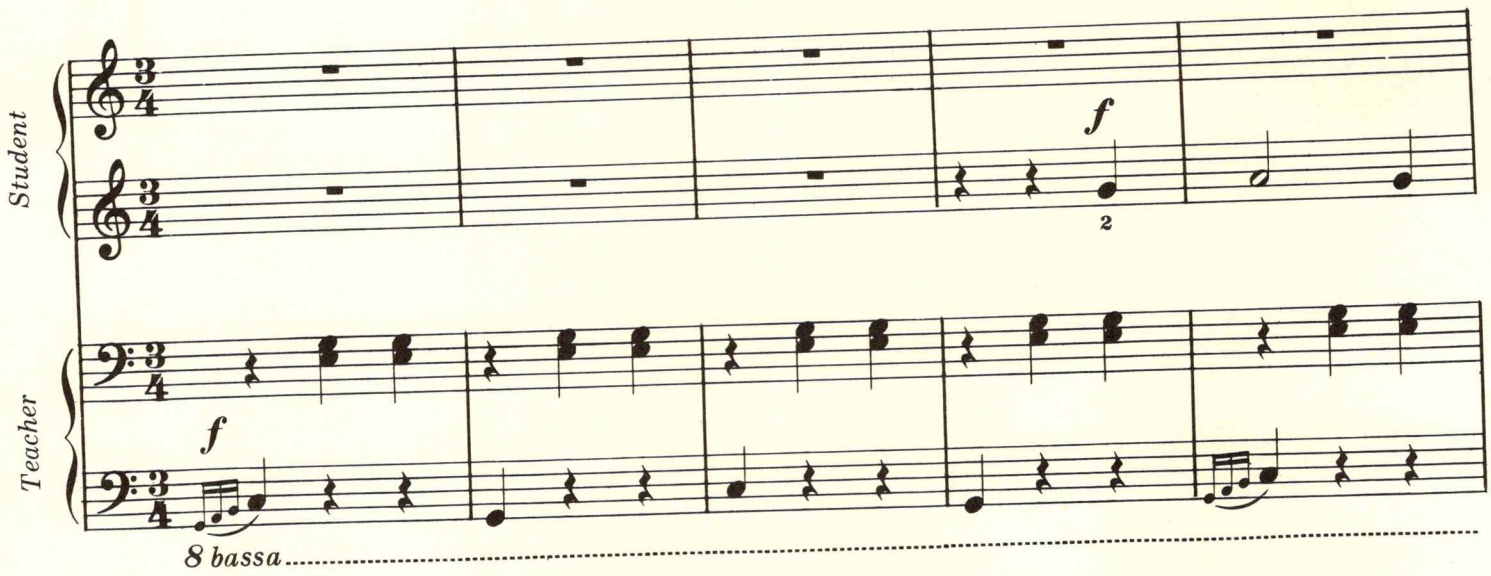
Sleep, baby, sleep,
Thy father minds the sheep.
Thy mother shakes the dreamland tree
To gather up sweet dreams for thee.
Sleep, baby, sleep.

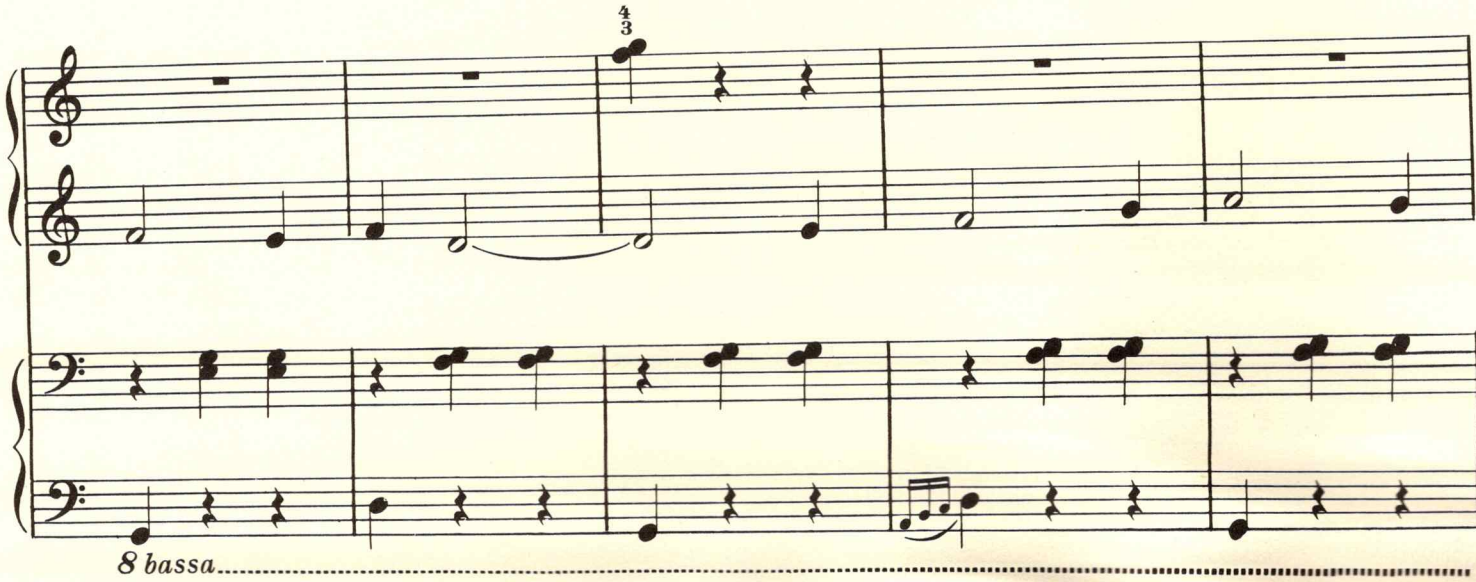
17 French Lullaby

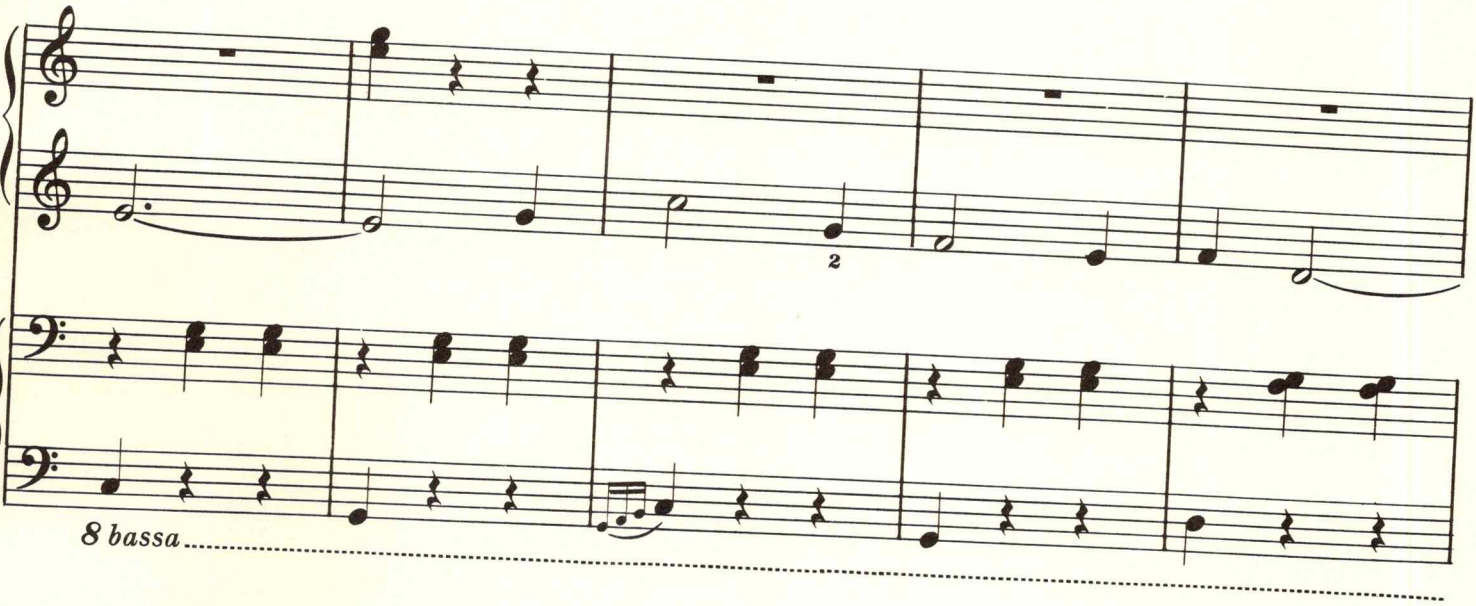


18 The Dog in the Kitchen

German



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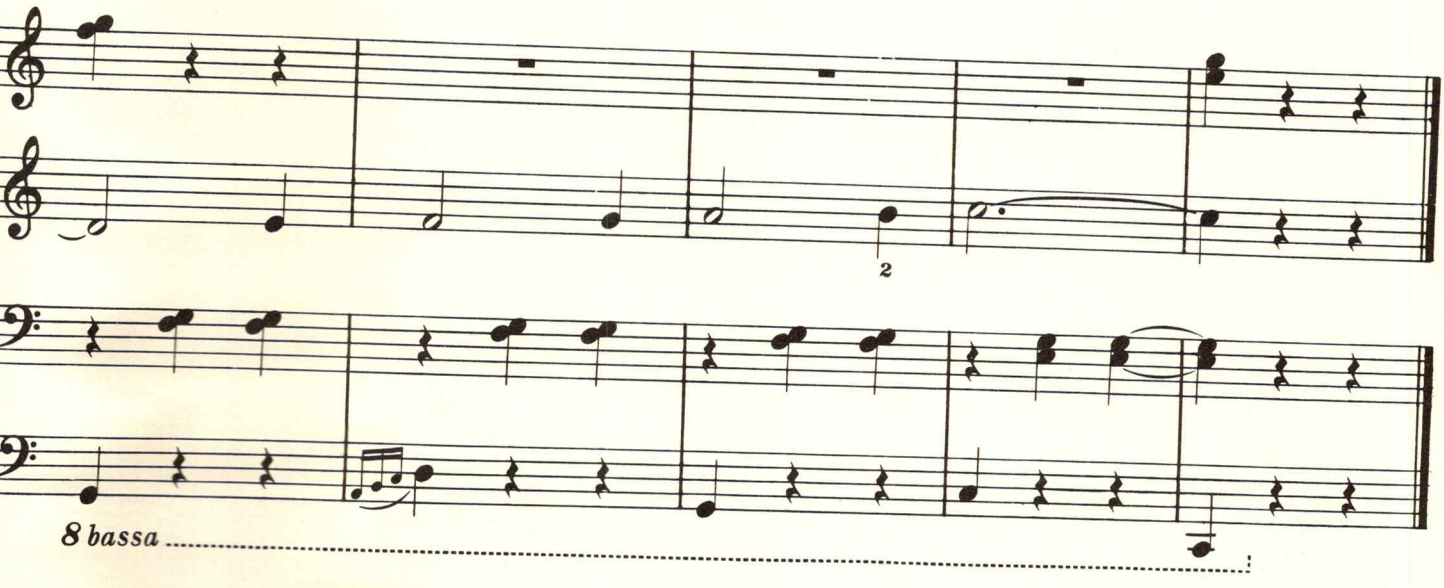
8 bassa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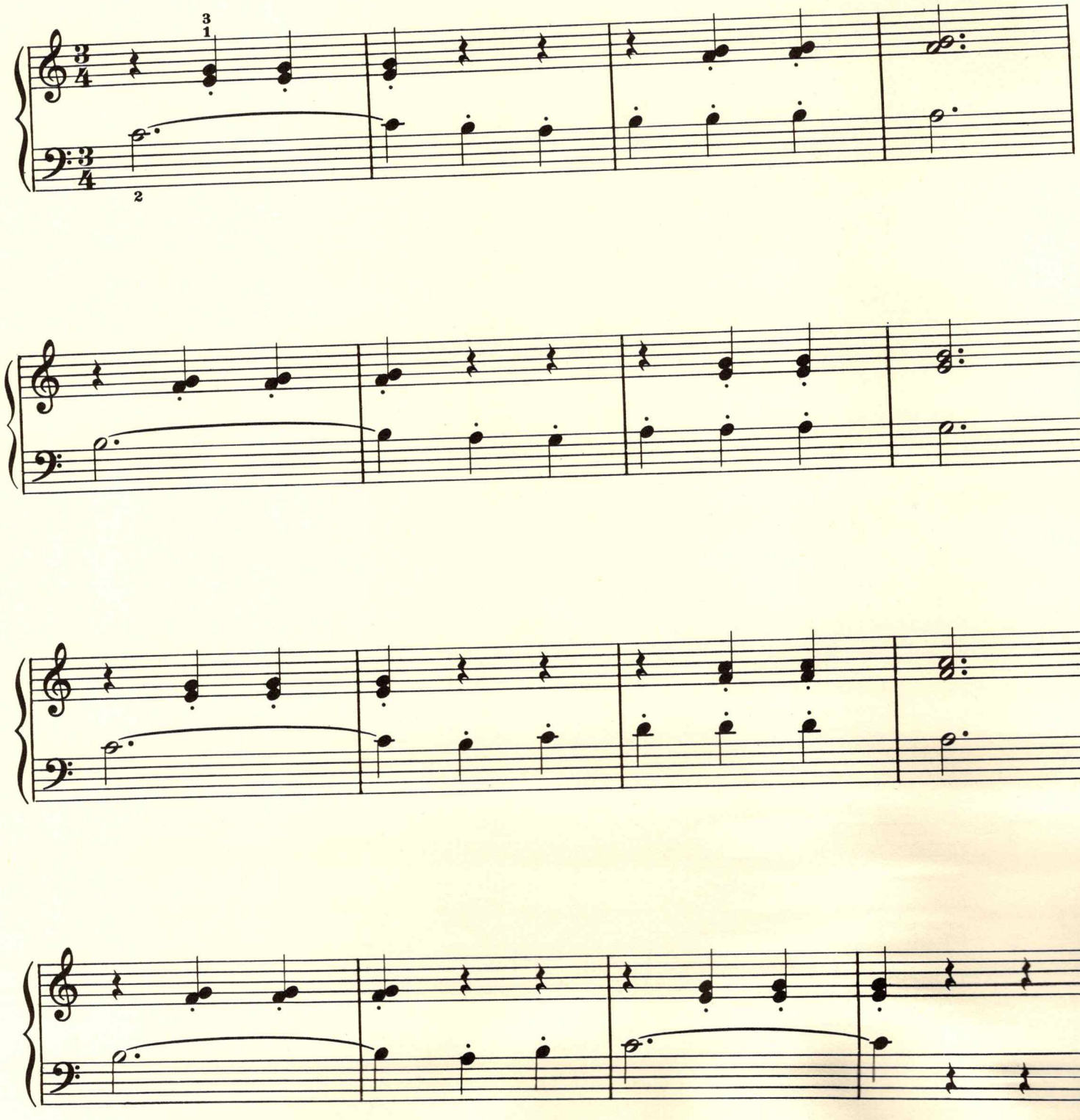
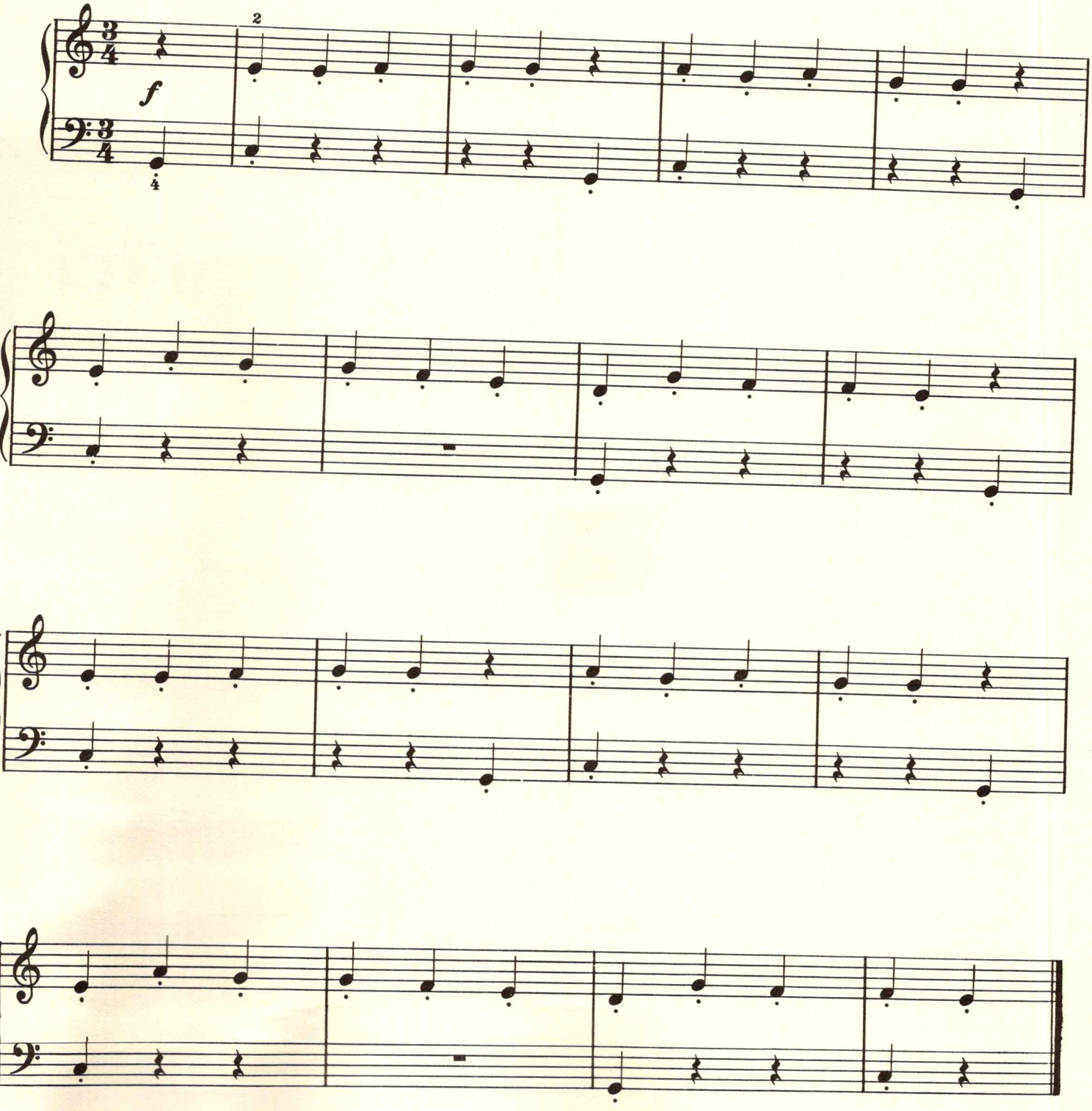
8 bassa

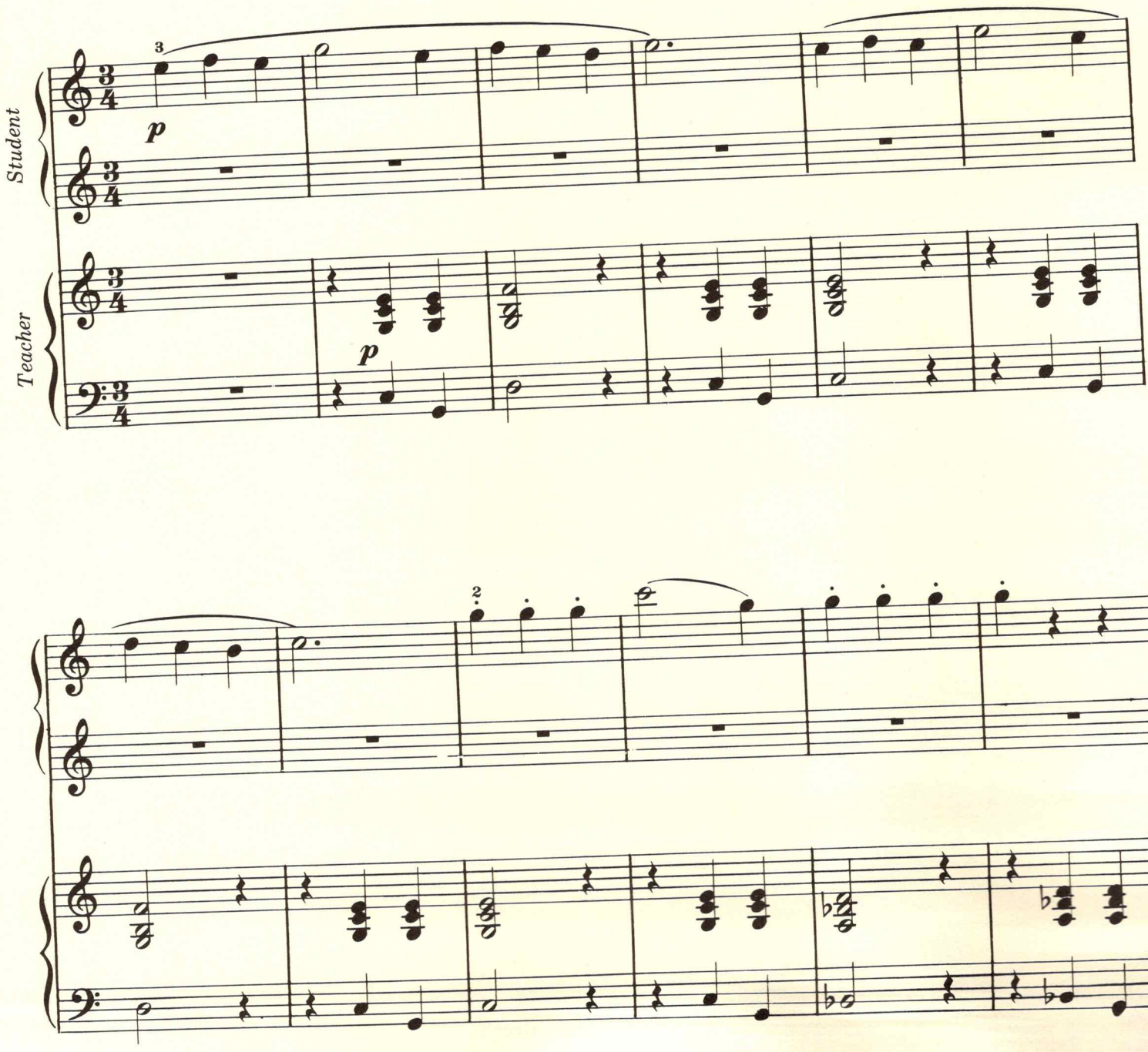
19 German Folk Song

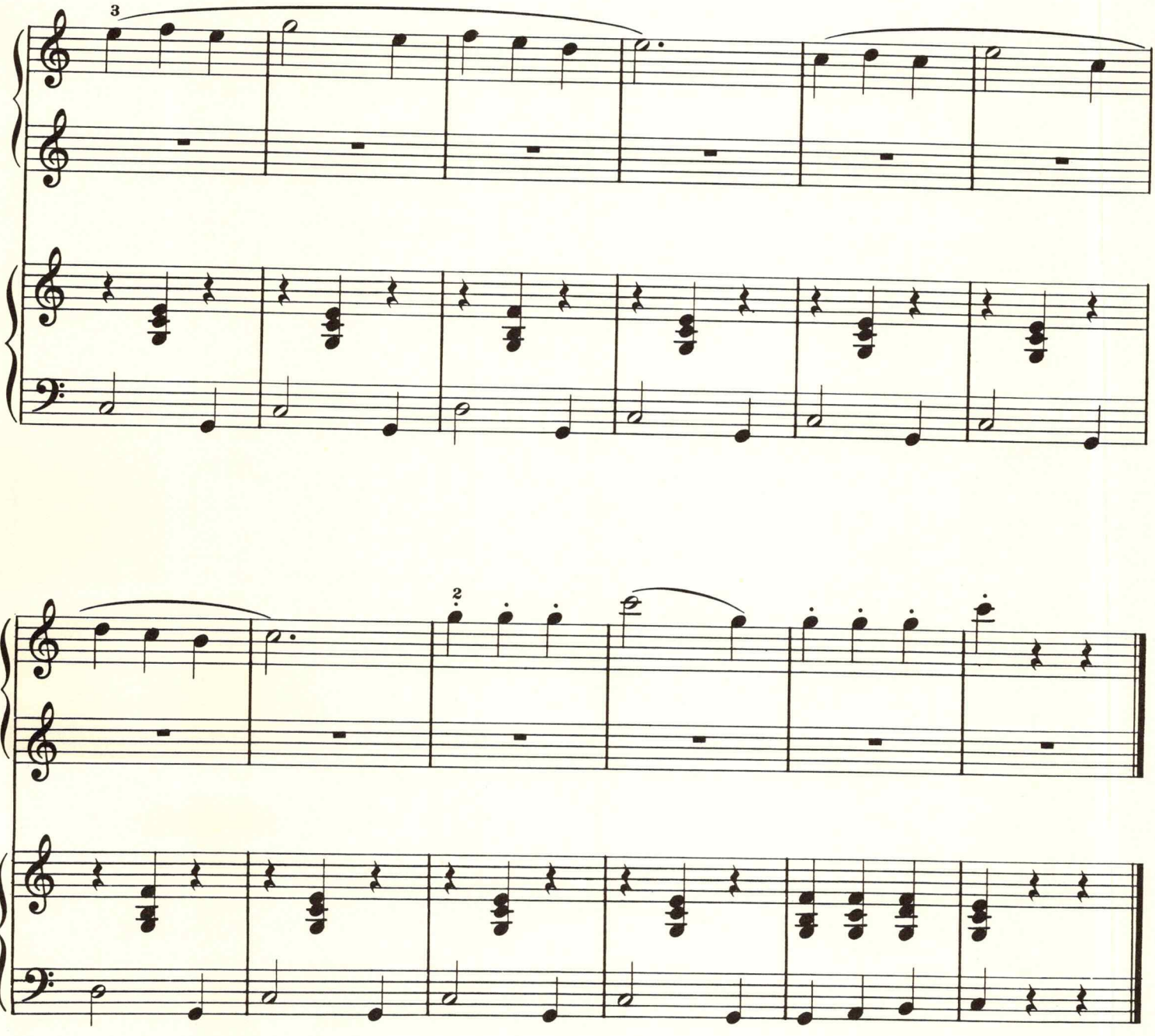


20 Mexican Christmas Song



21 Spanish Lullaby

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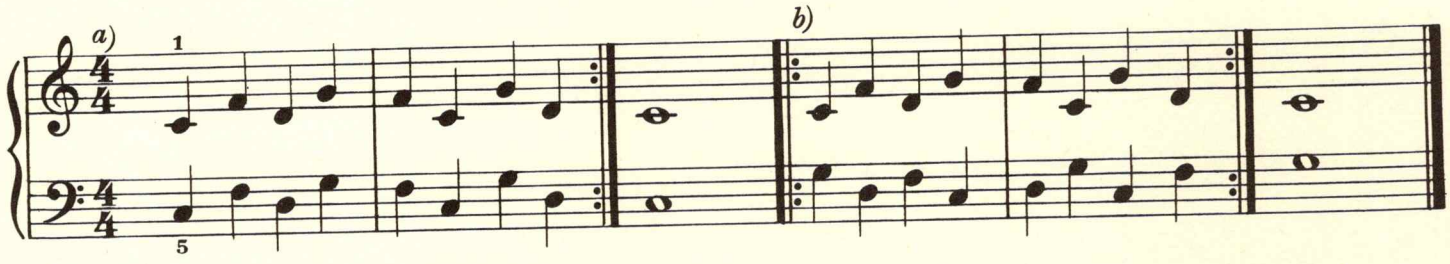
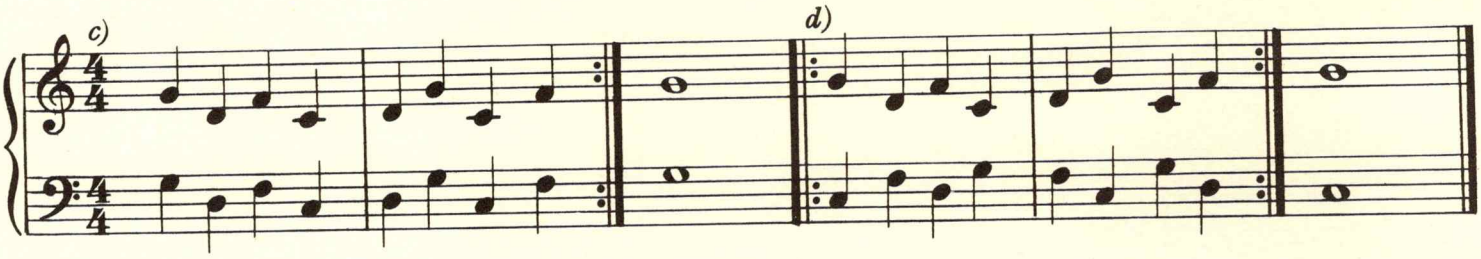
Exercises





Wilson

BOOK 2

Units 3 and 4

SOUNDS and SHAPES

by Paul Sheftel

The James Wilsons

THE INTERNATIONAL LIBRARY OF PIANO MUSIC

Book 2

Units 3 and 4

SOUNDS and SHAPES

by Paul Sheftel

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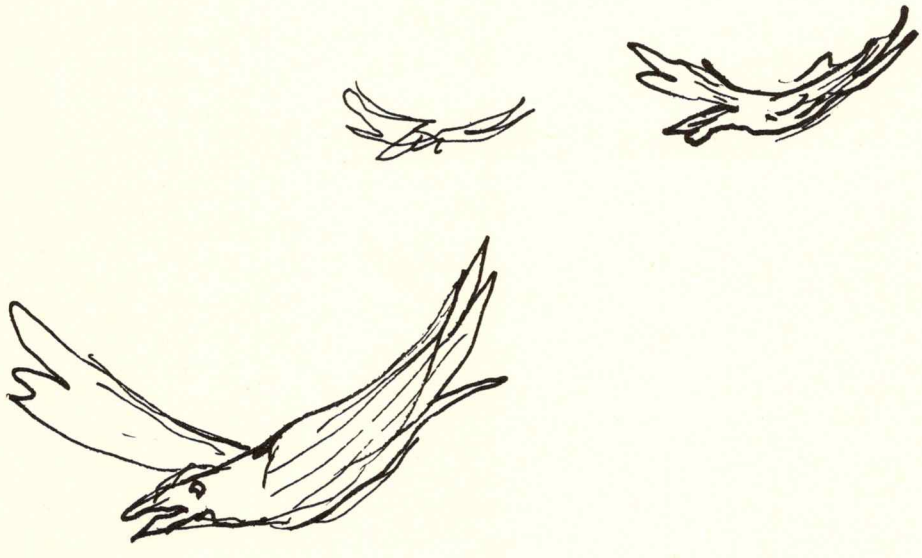
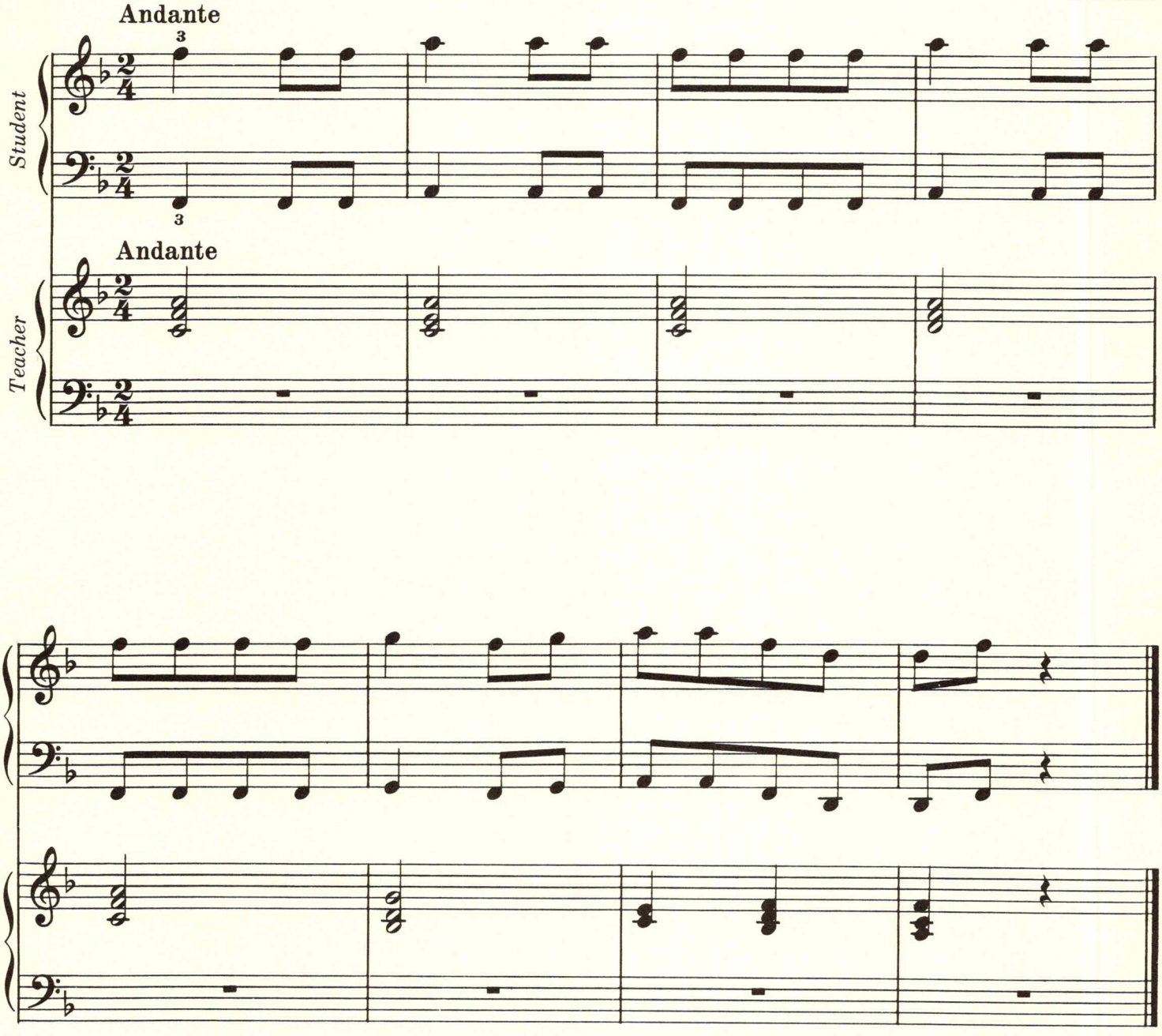


The Storks

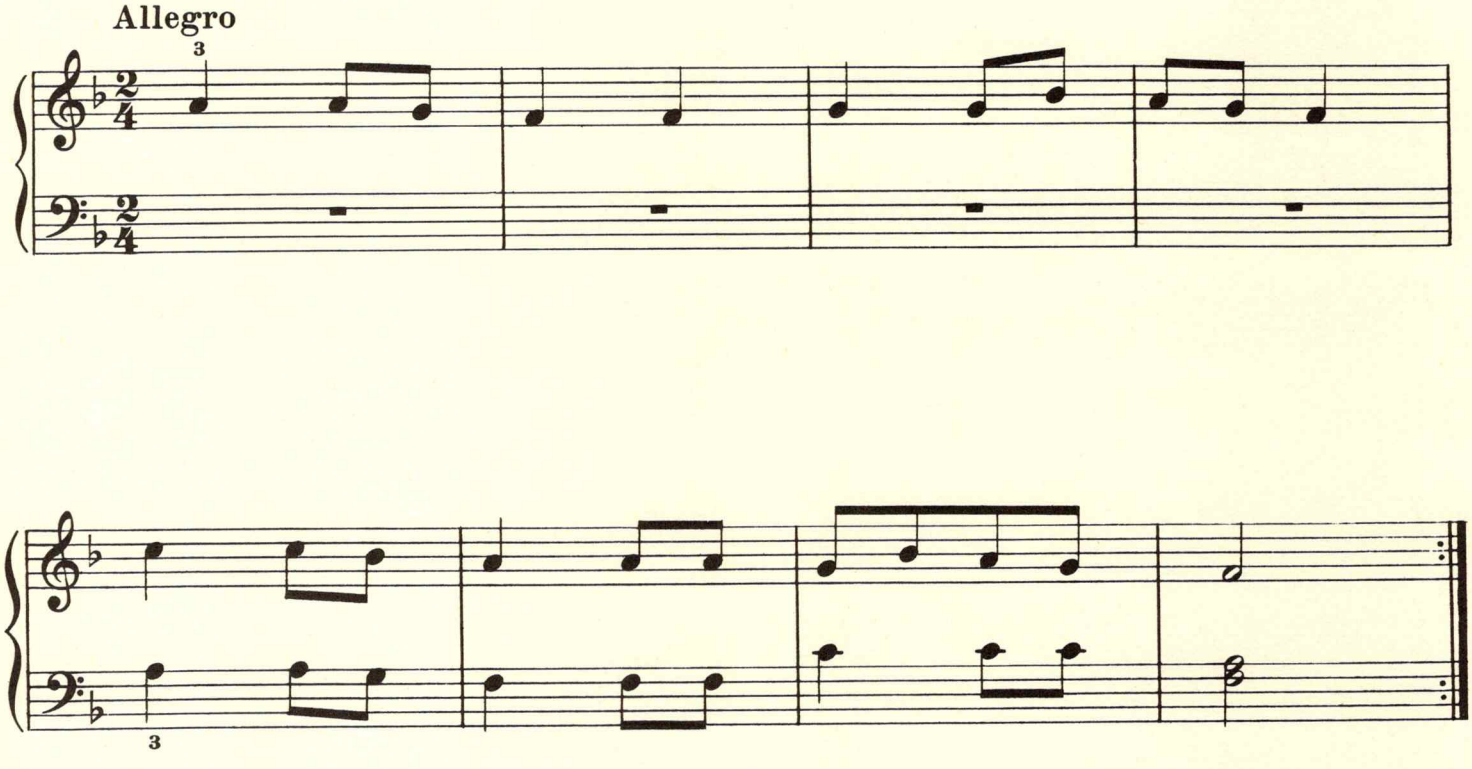
1 Old Mister Rabbit

German



2 Go Tell Aunt Rhodie

American



Go tell Aunt Rhodie,
Go tell Aunt Rhodie,
Go tell Aunt Rhodie,
Her old gray goose is dead.

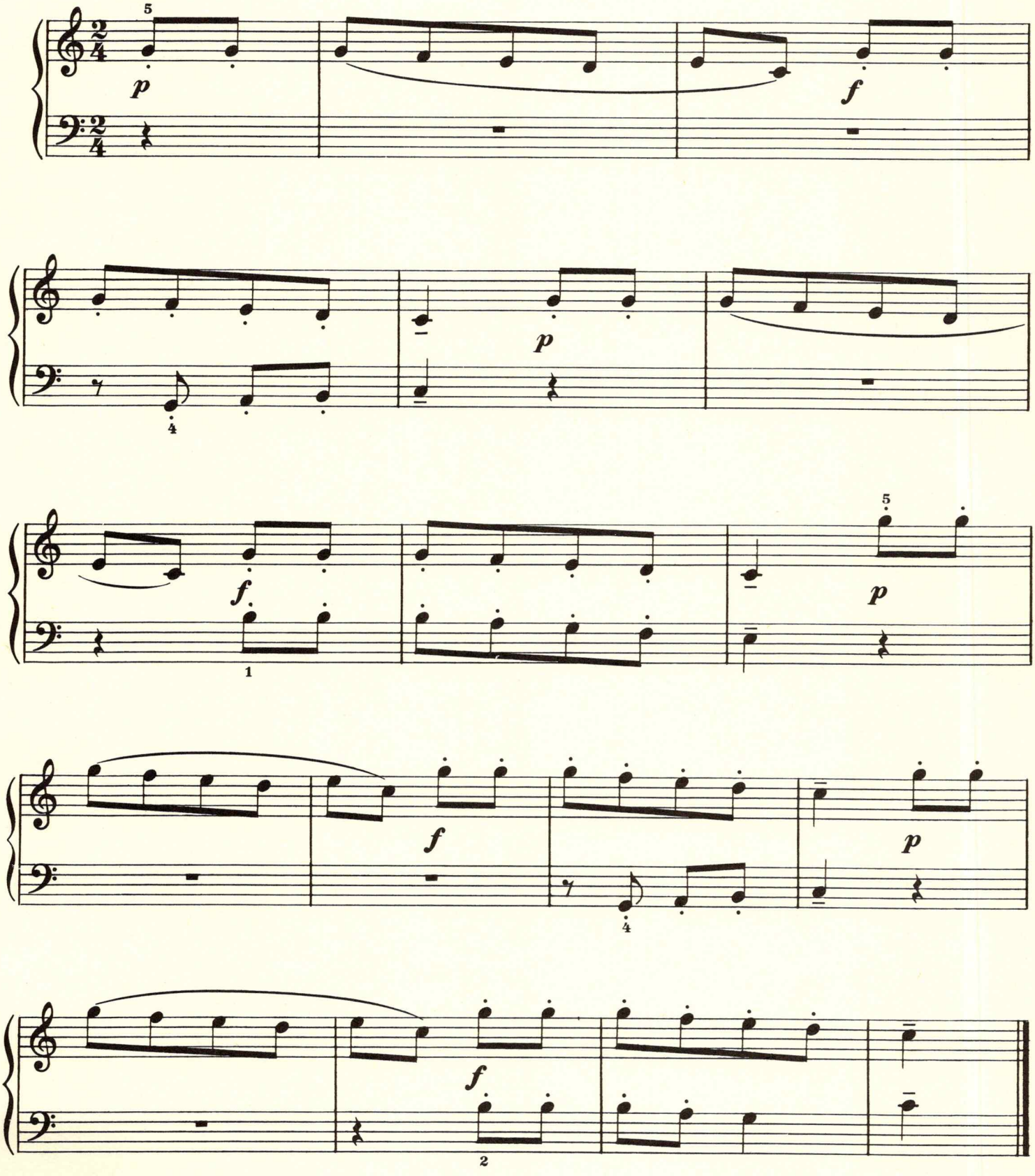
The one she's been saving,
The one she's been saving,
The one she's been saving,
To stuff a feather bed.

She drowned in the millpond,
She drowned in the millpond,
She drowned in the millpond,
A-standin' on her head.

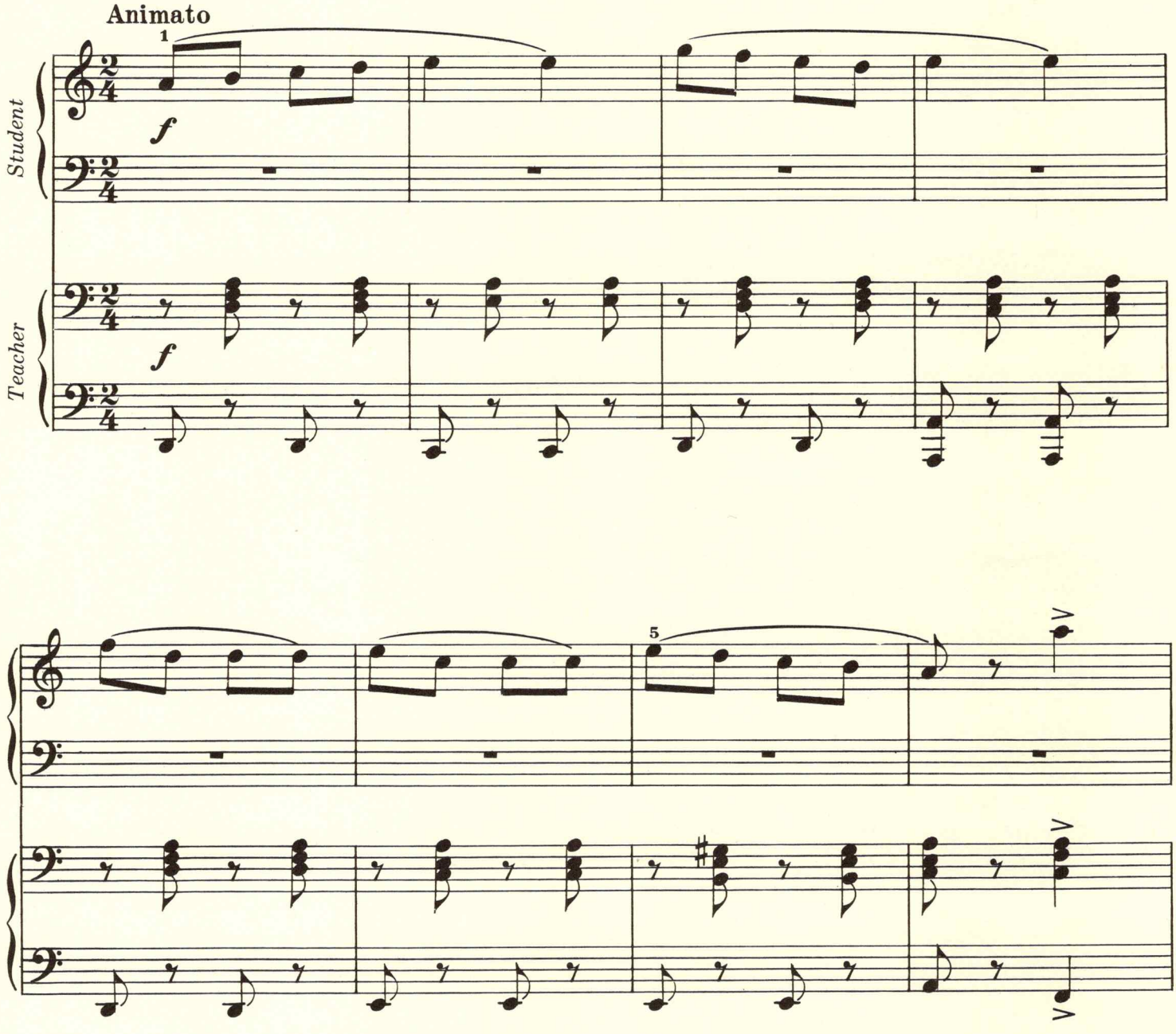
3 WALKING

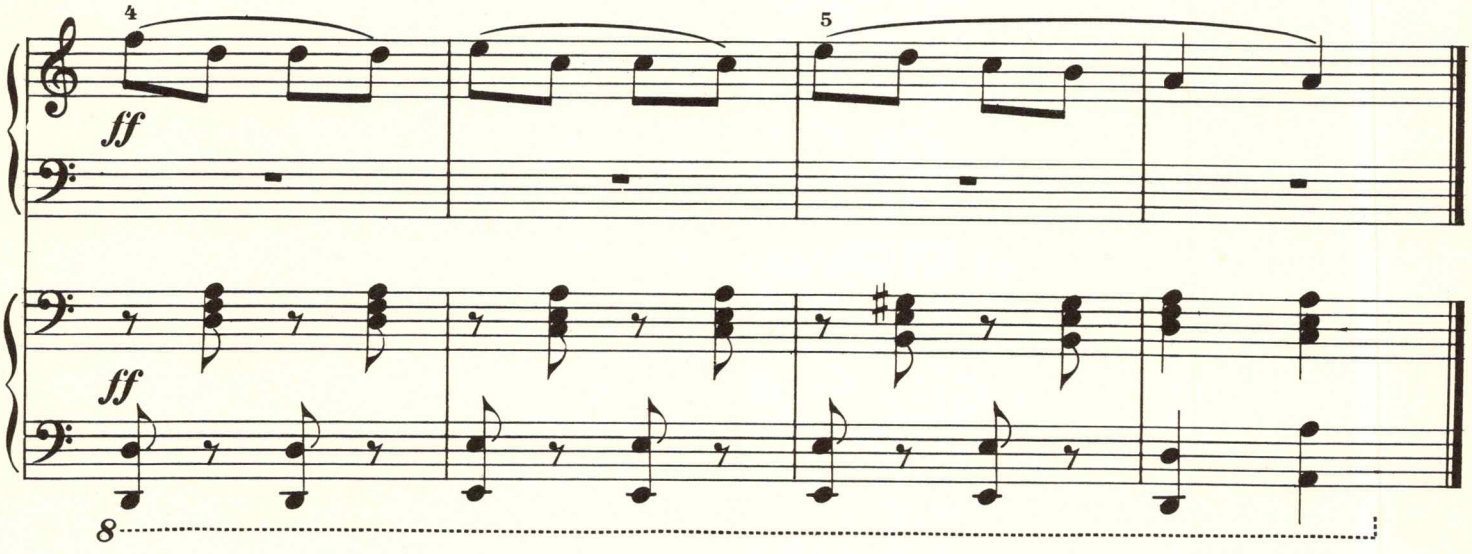
Allegro

French



4 Folk Song from the Ukraine

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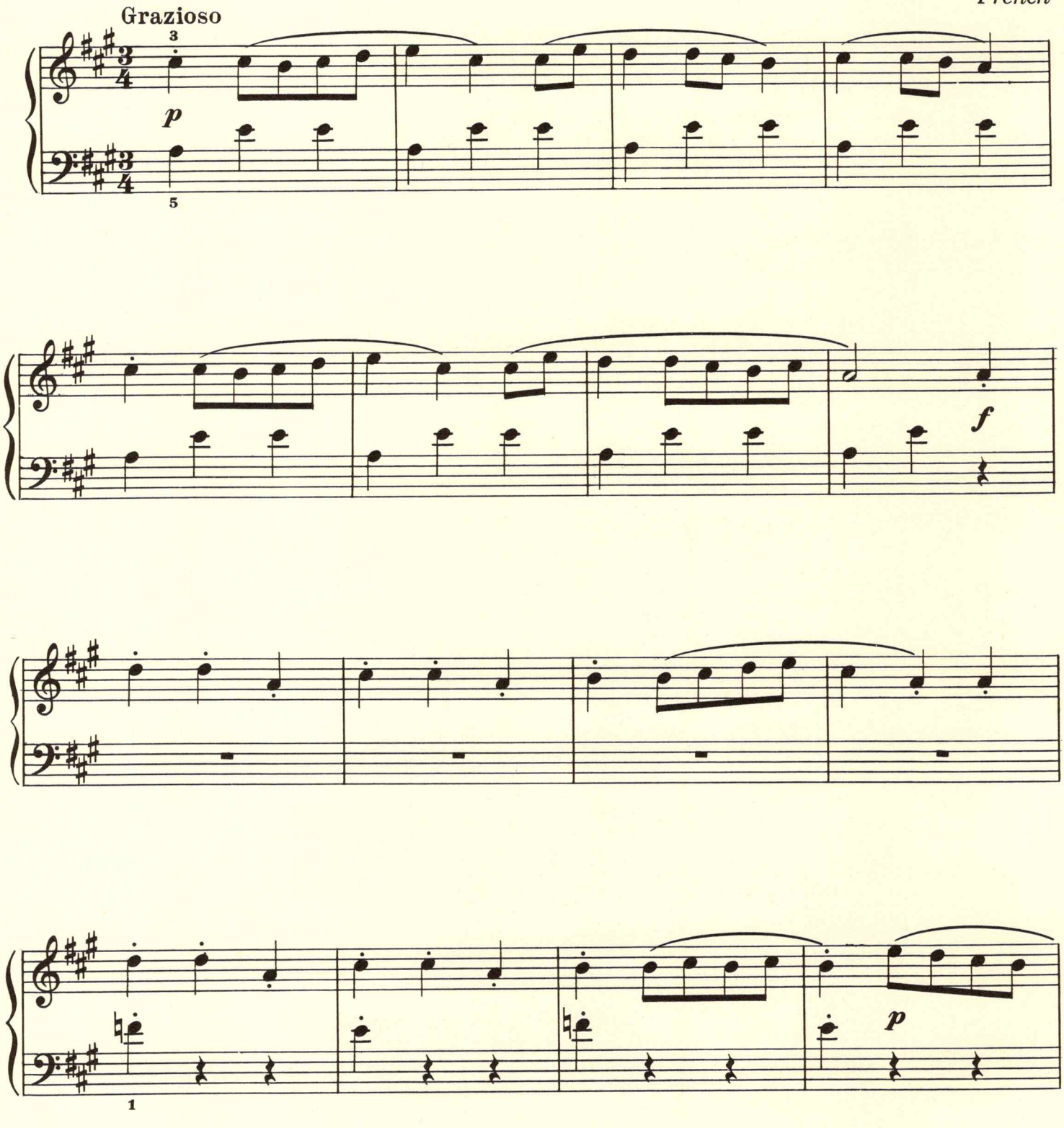
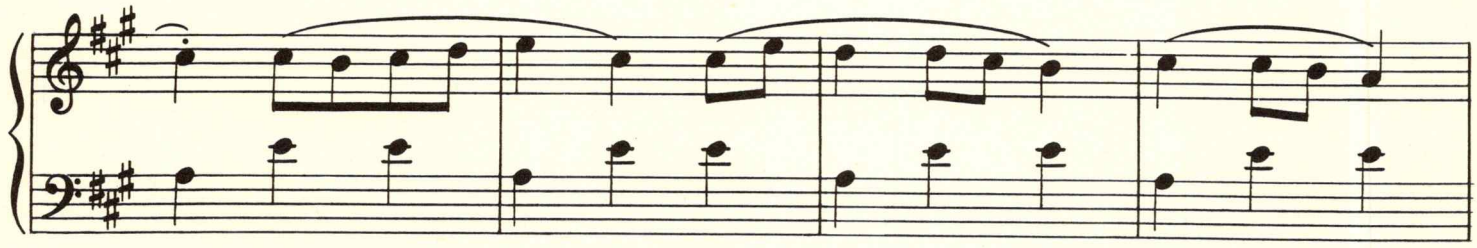
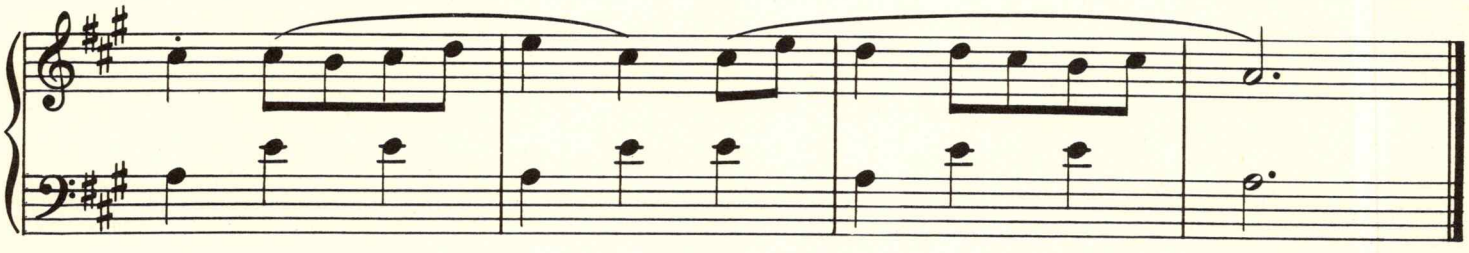
1968

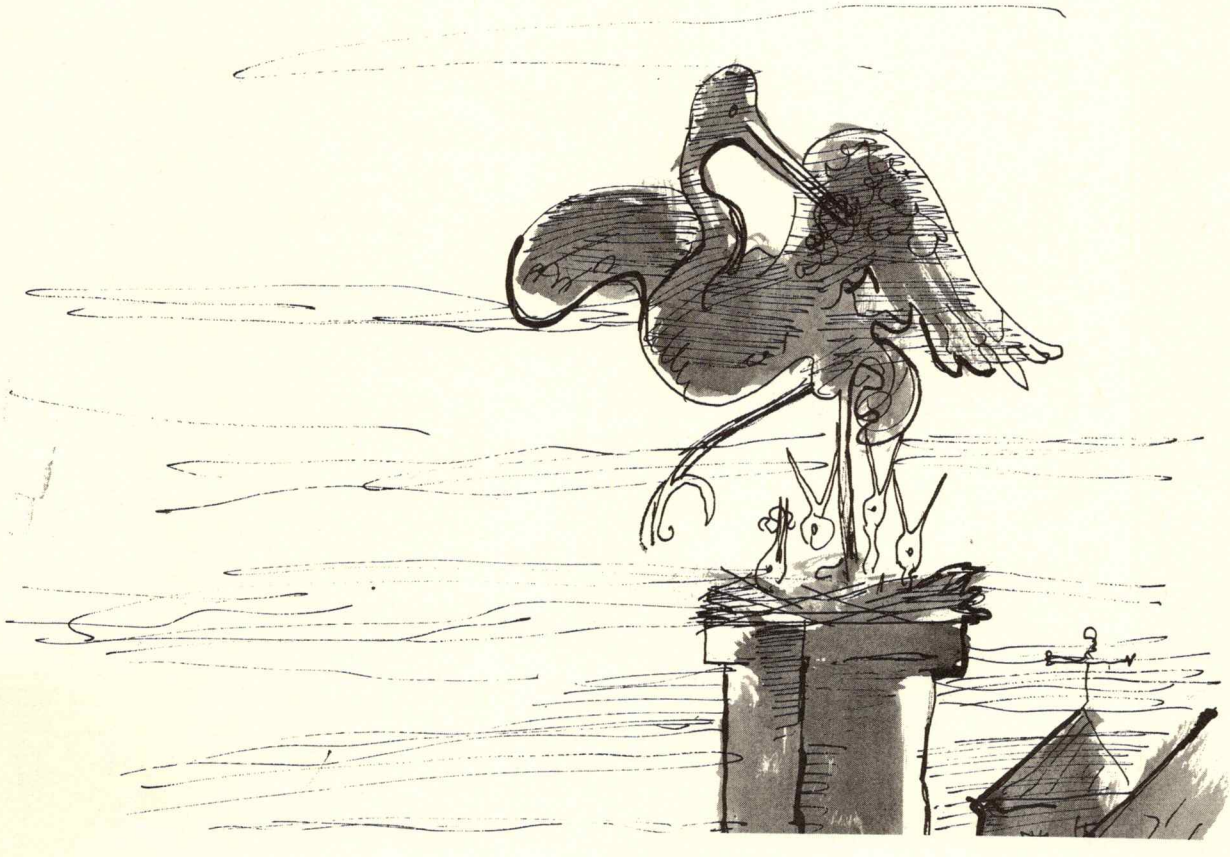
5 THE STORKS

French



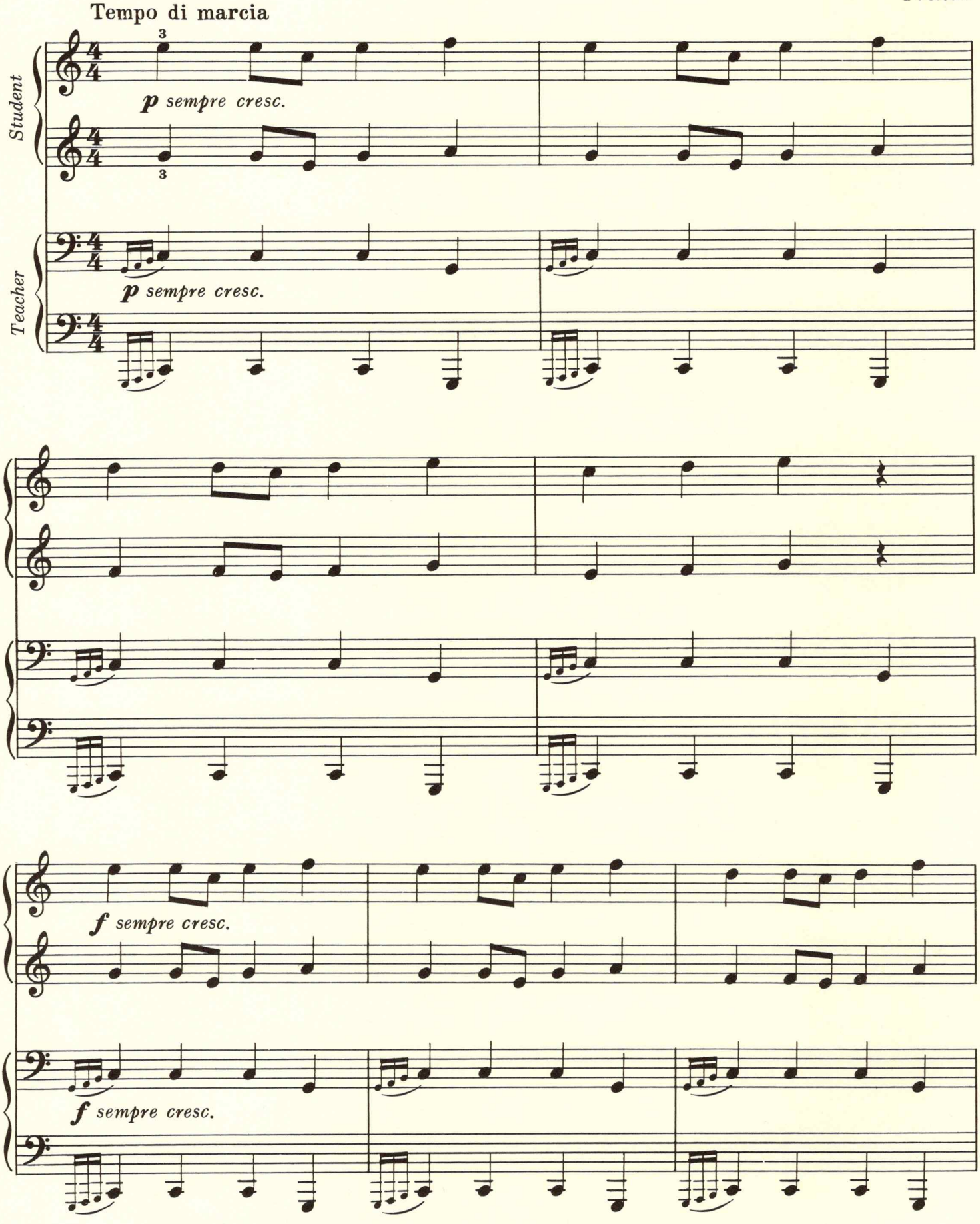


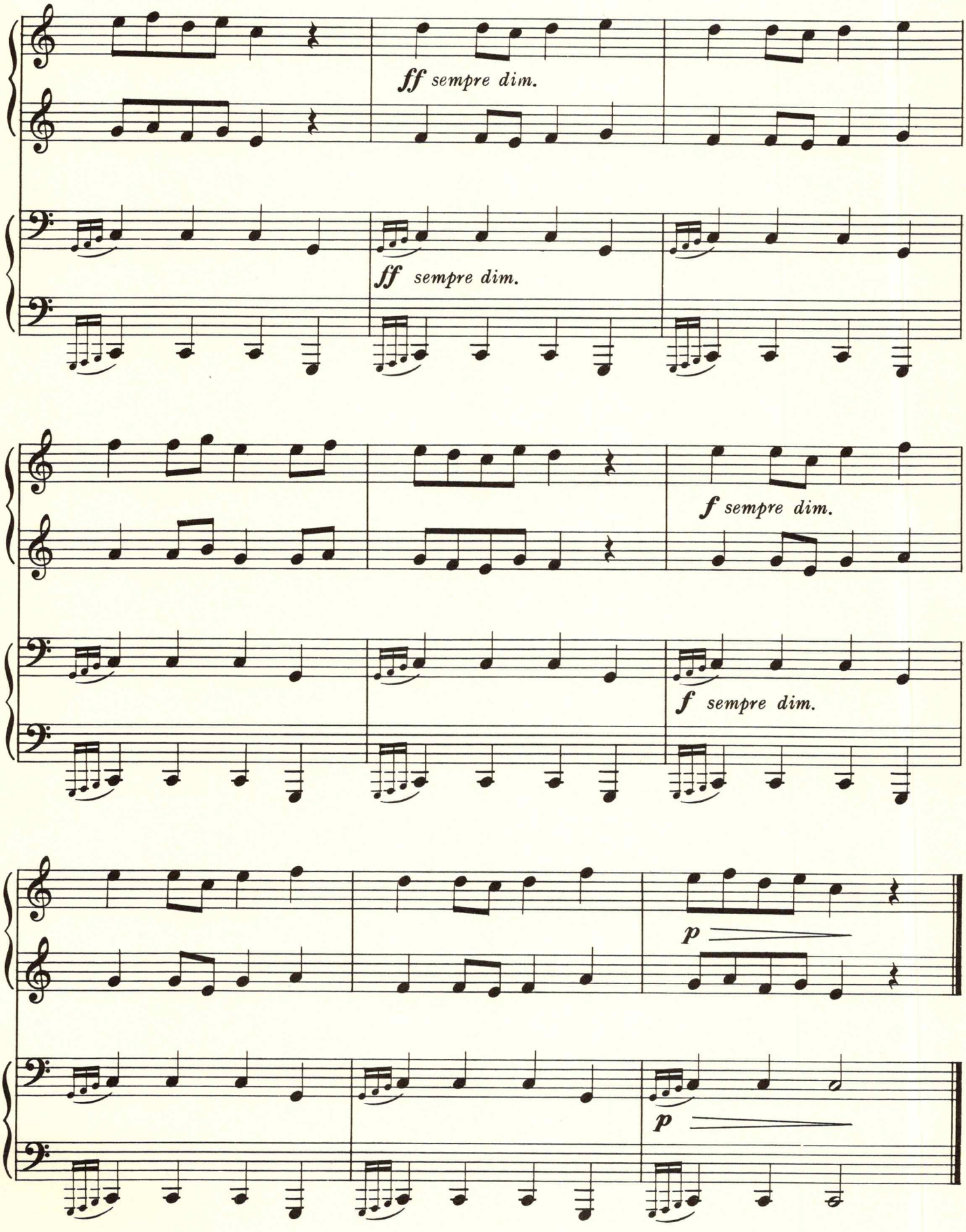




6 LES CADETS DE GASCOGNE

French




ff sempre dim.
ff sempre dim.
f sempre dim.
f sempre dim.
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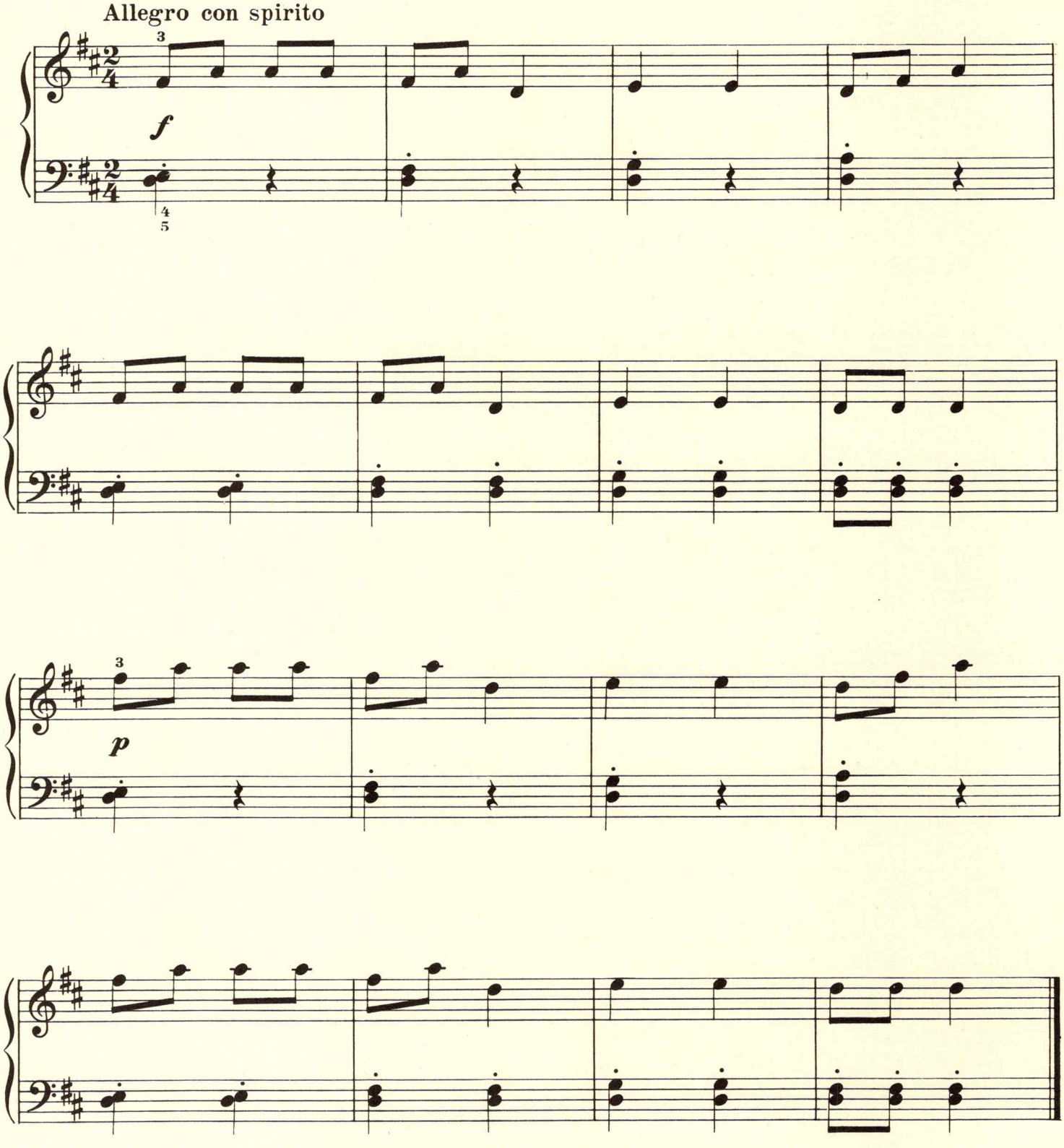
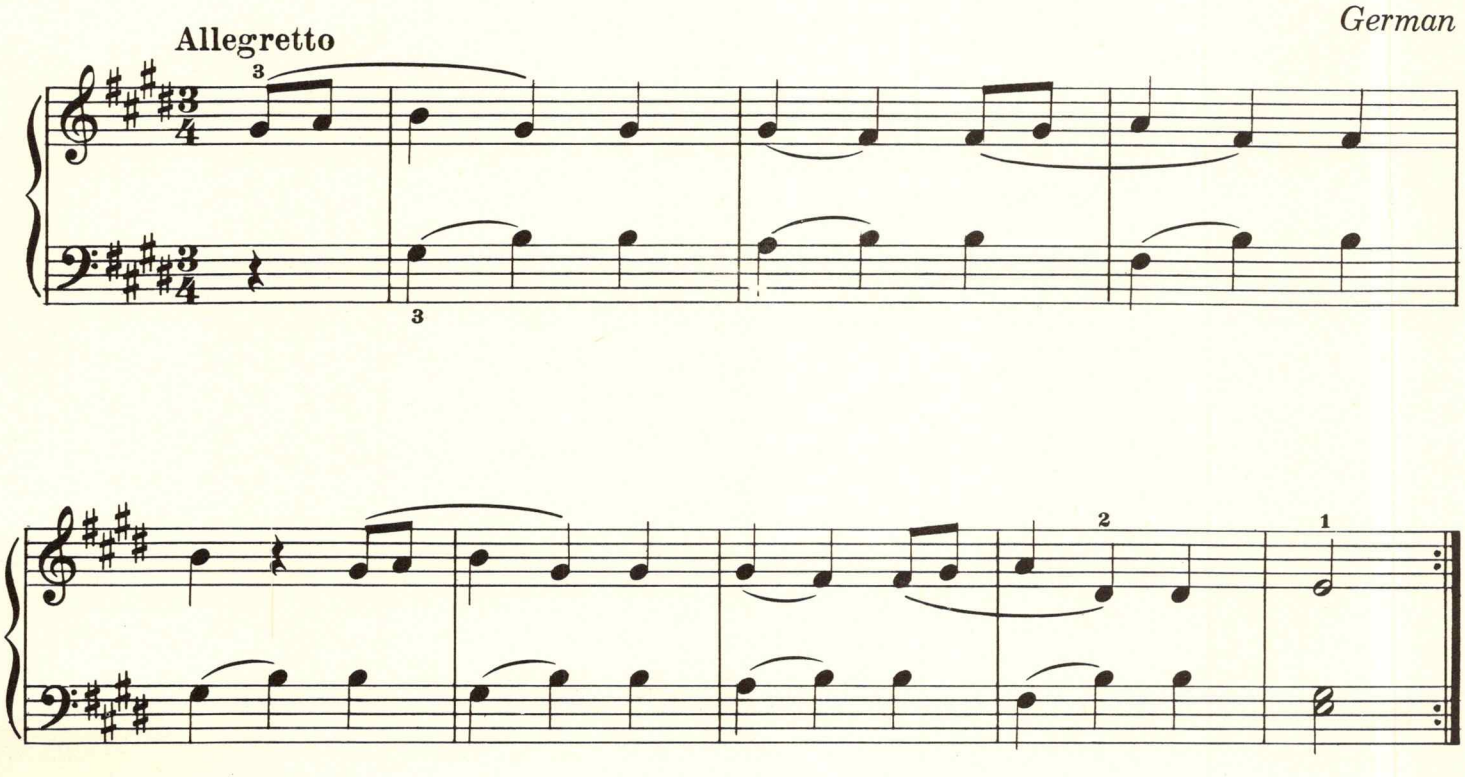
p

7 Czech Folk Song

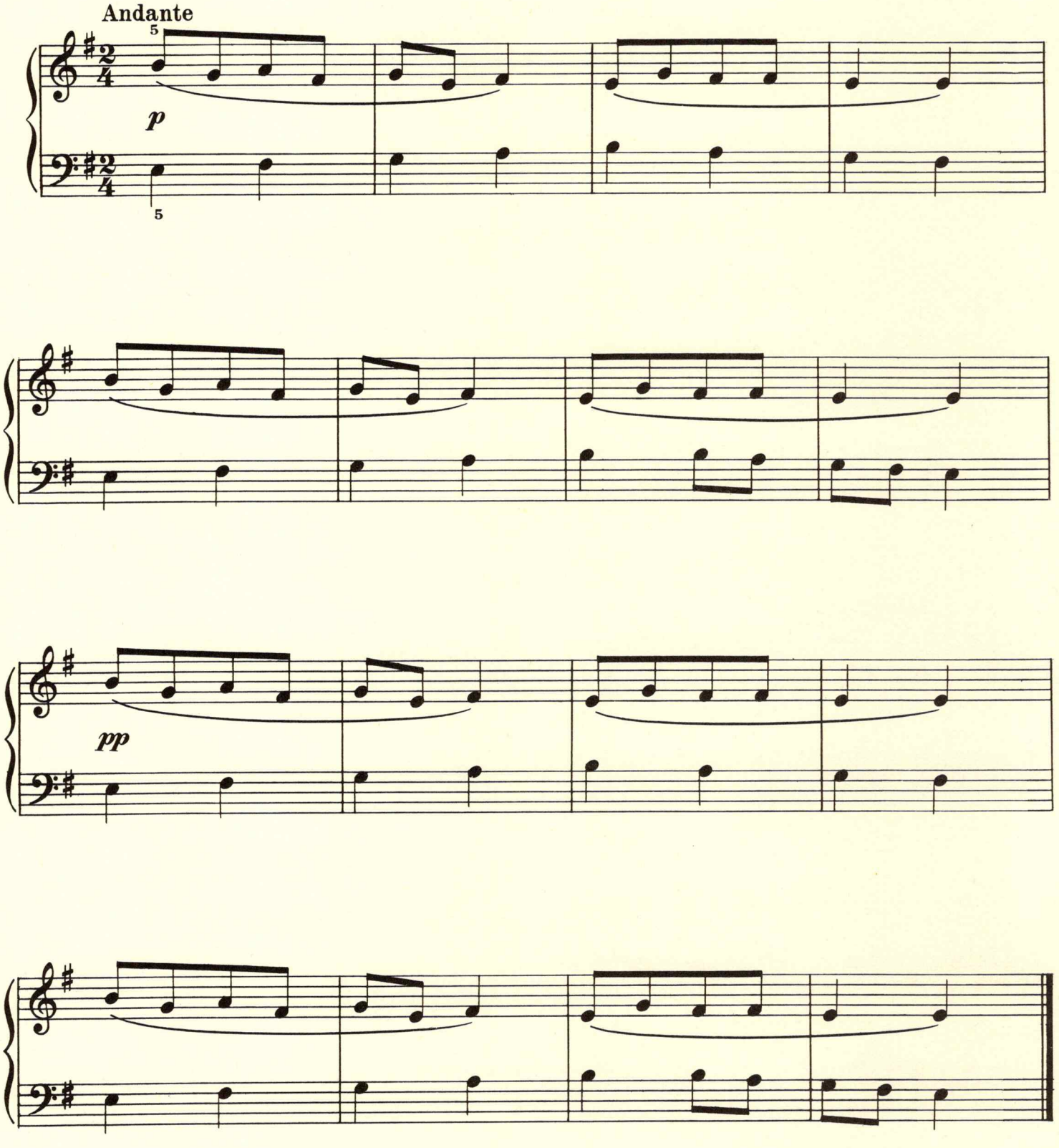


8 Little Bird

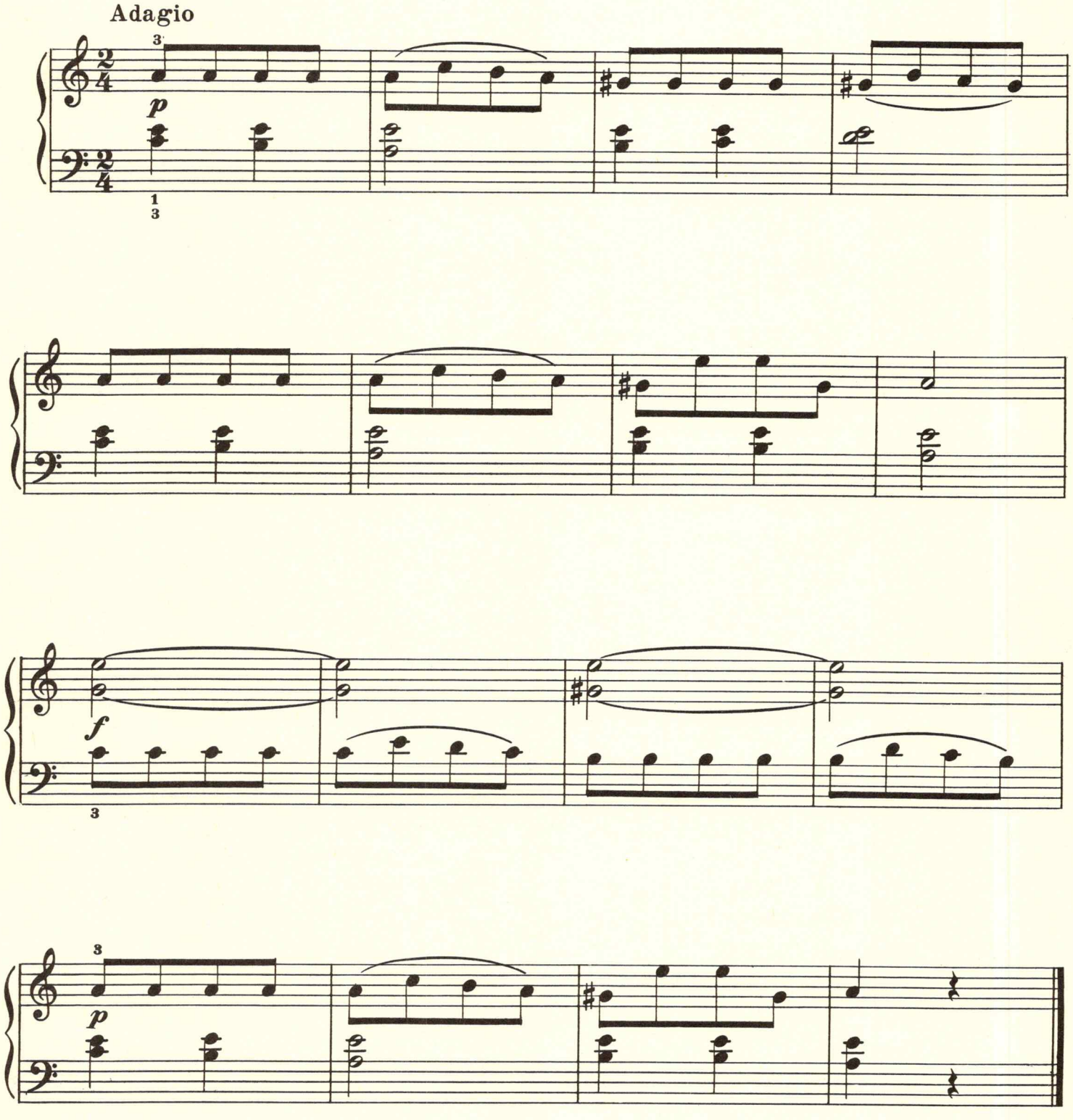
German



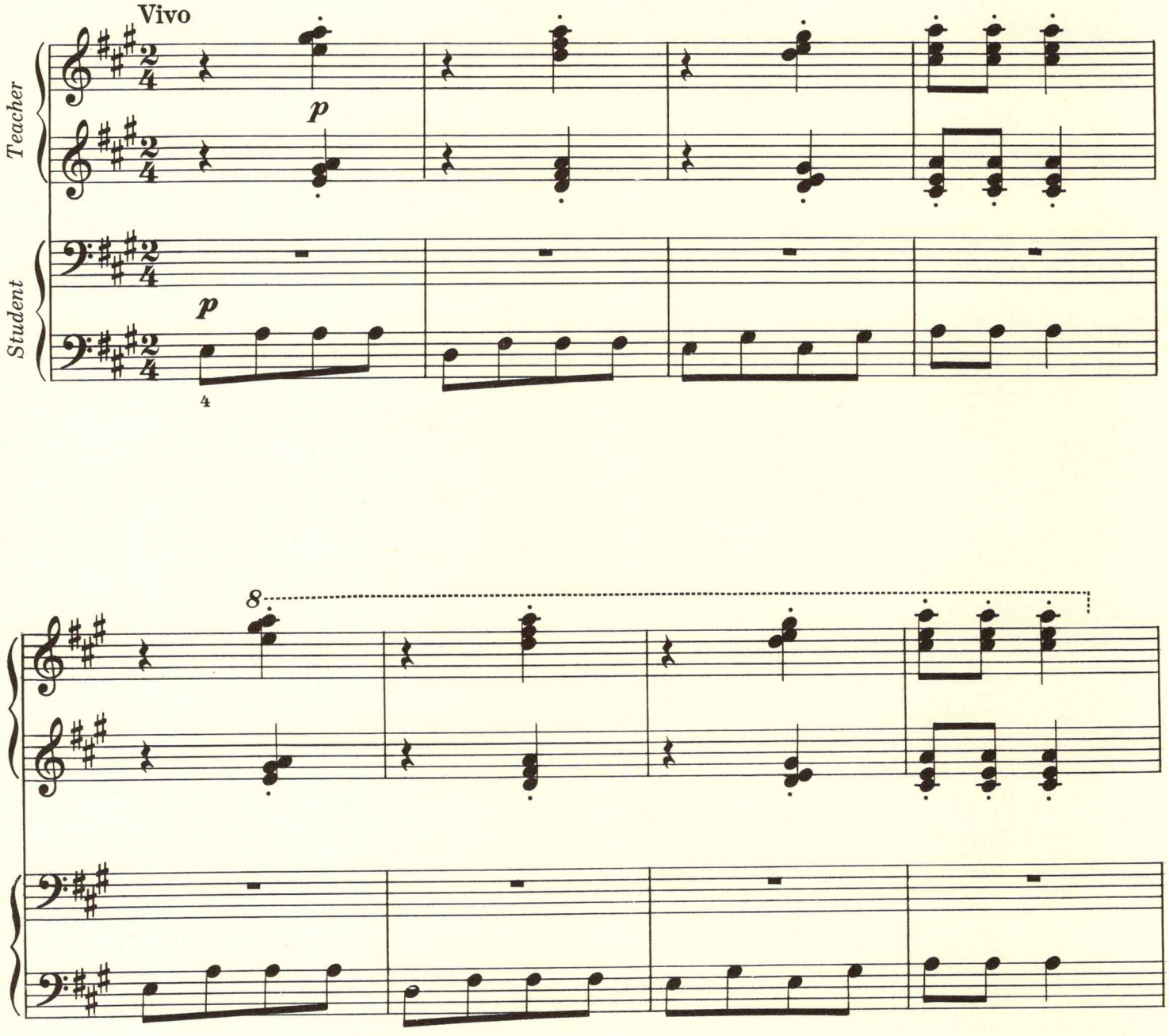
9 Russian Song I

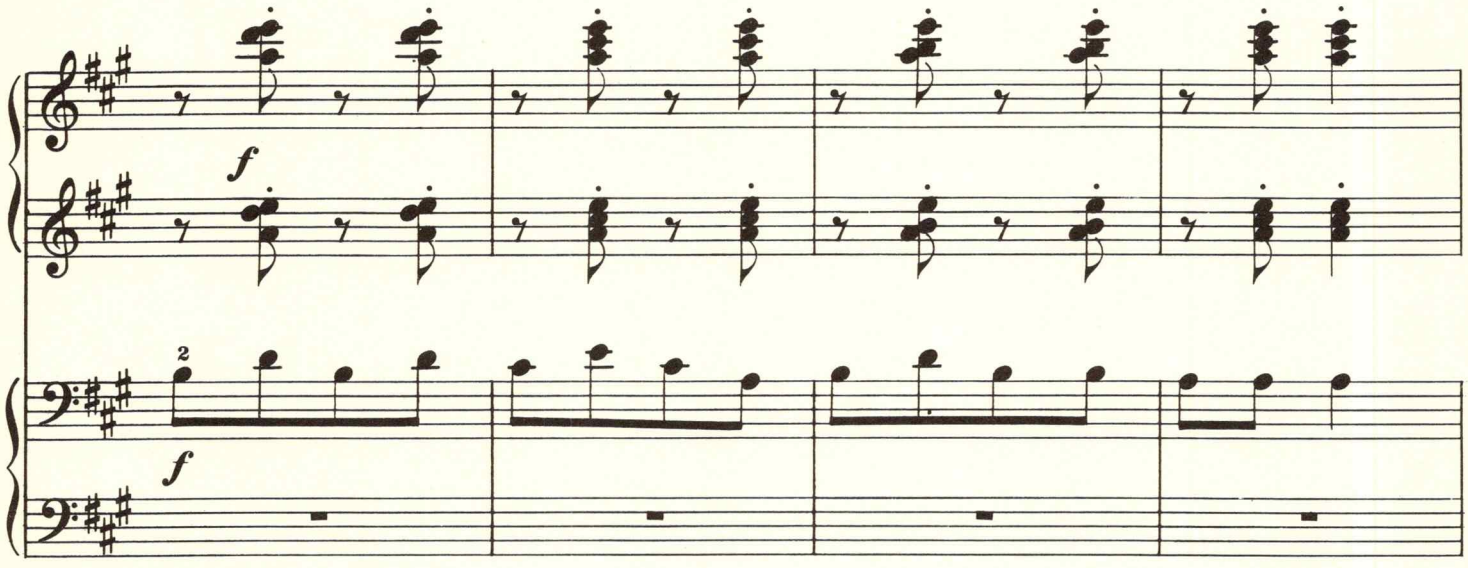


10 Russian Song II



11 Latvian Folk Song

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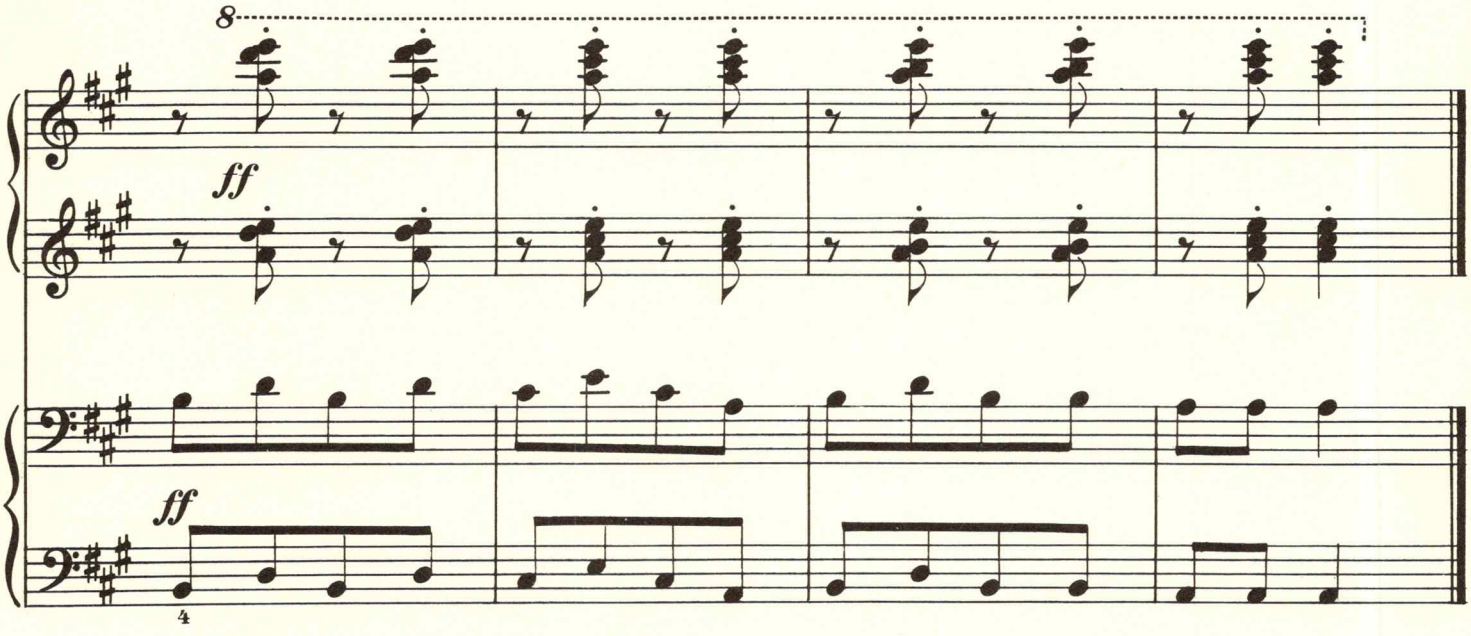
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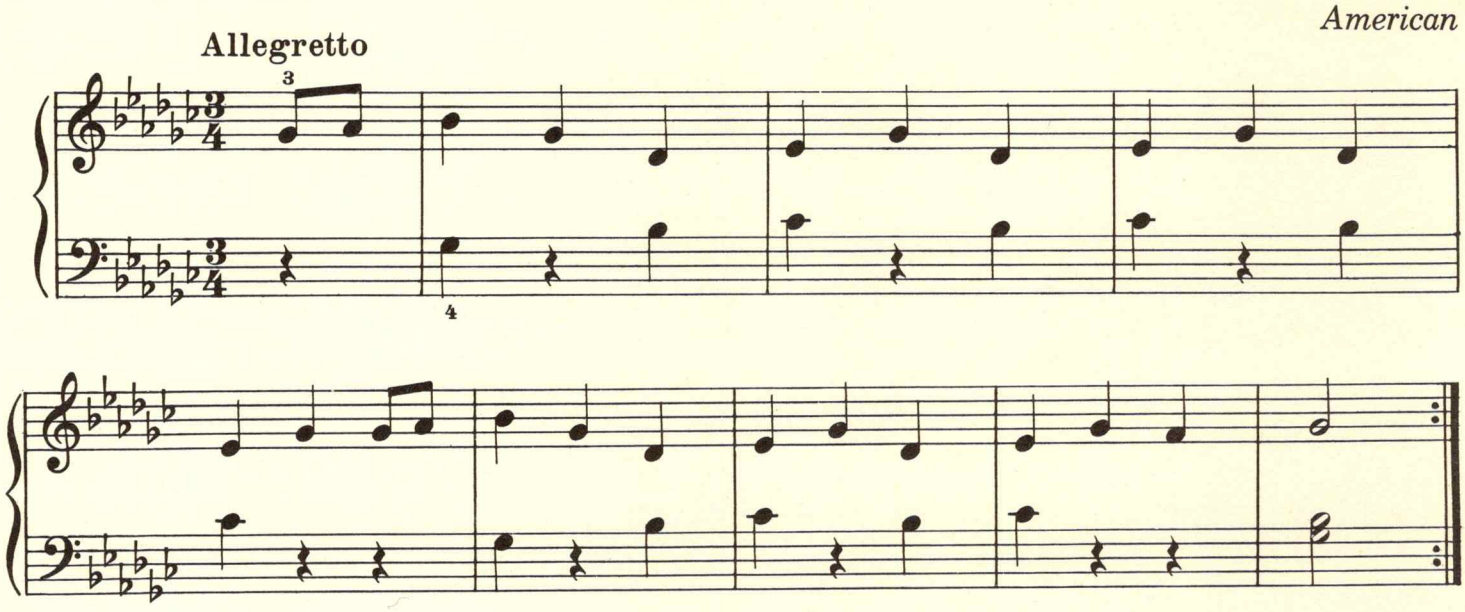
ff
ff
4

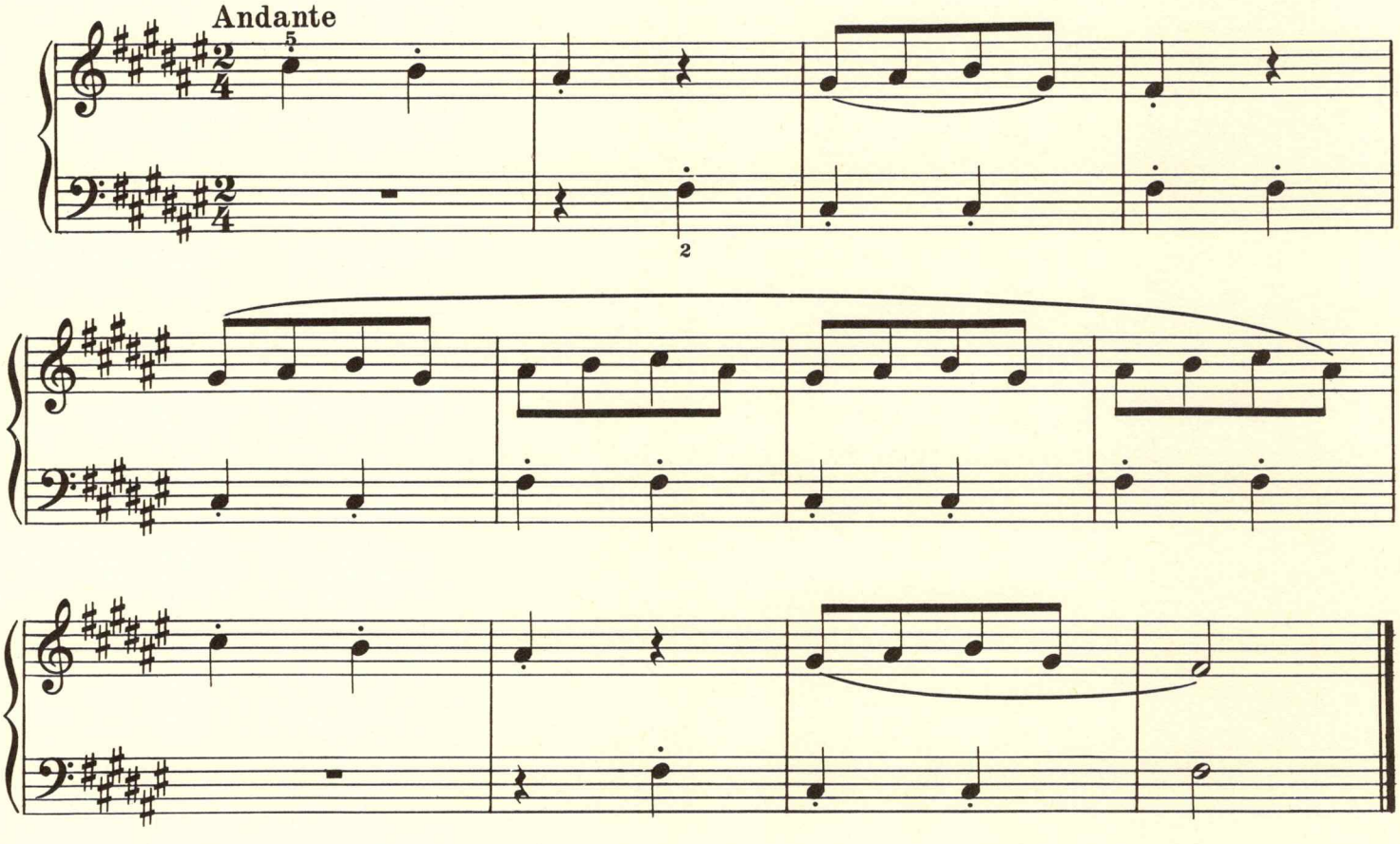
12 There's a Hole in My Bucket

American

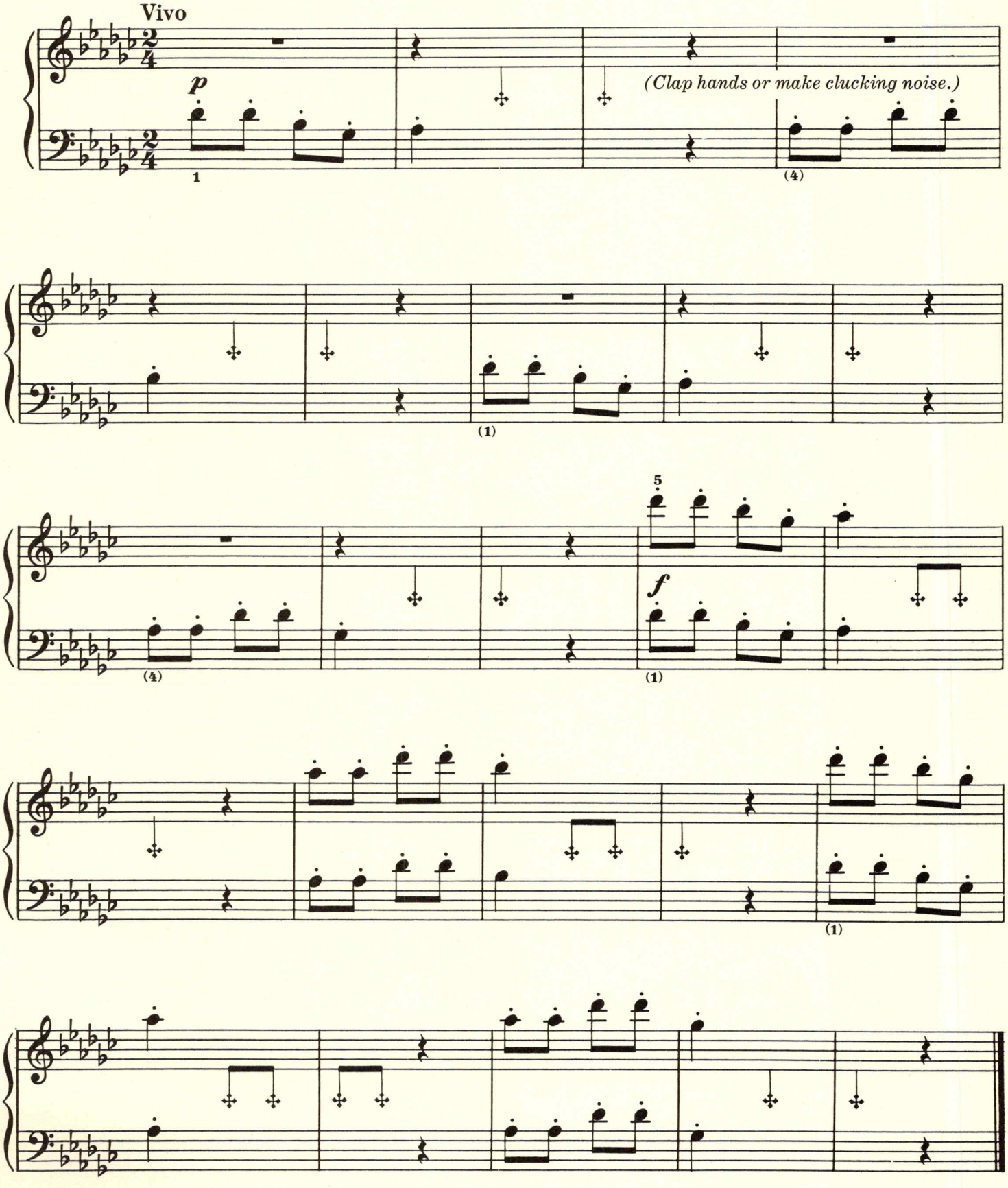


13 The Bee

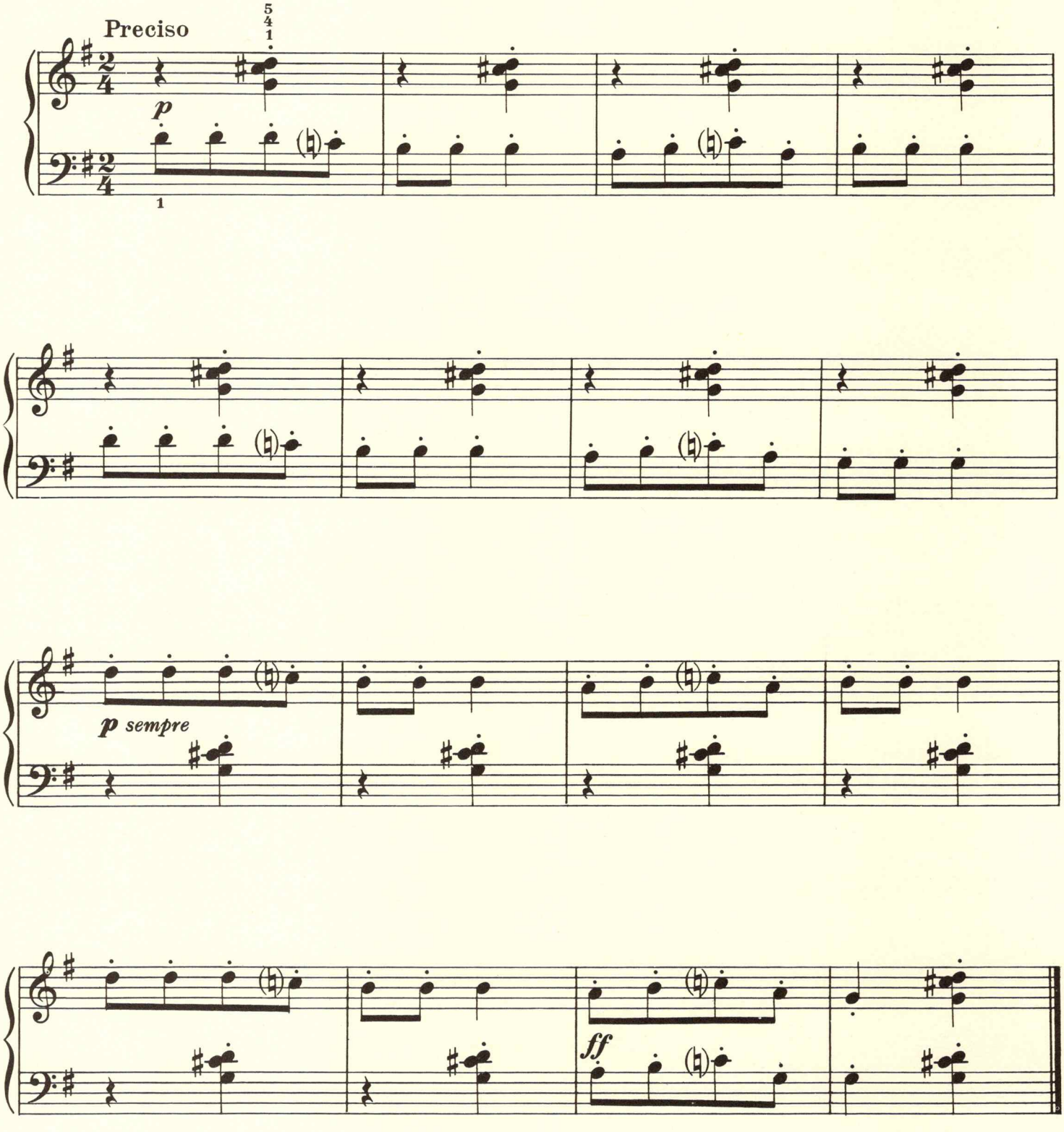
French



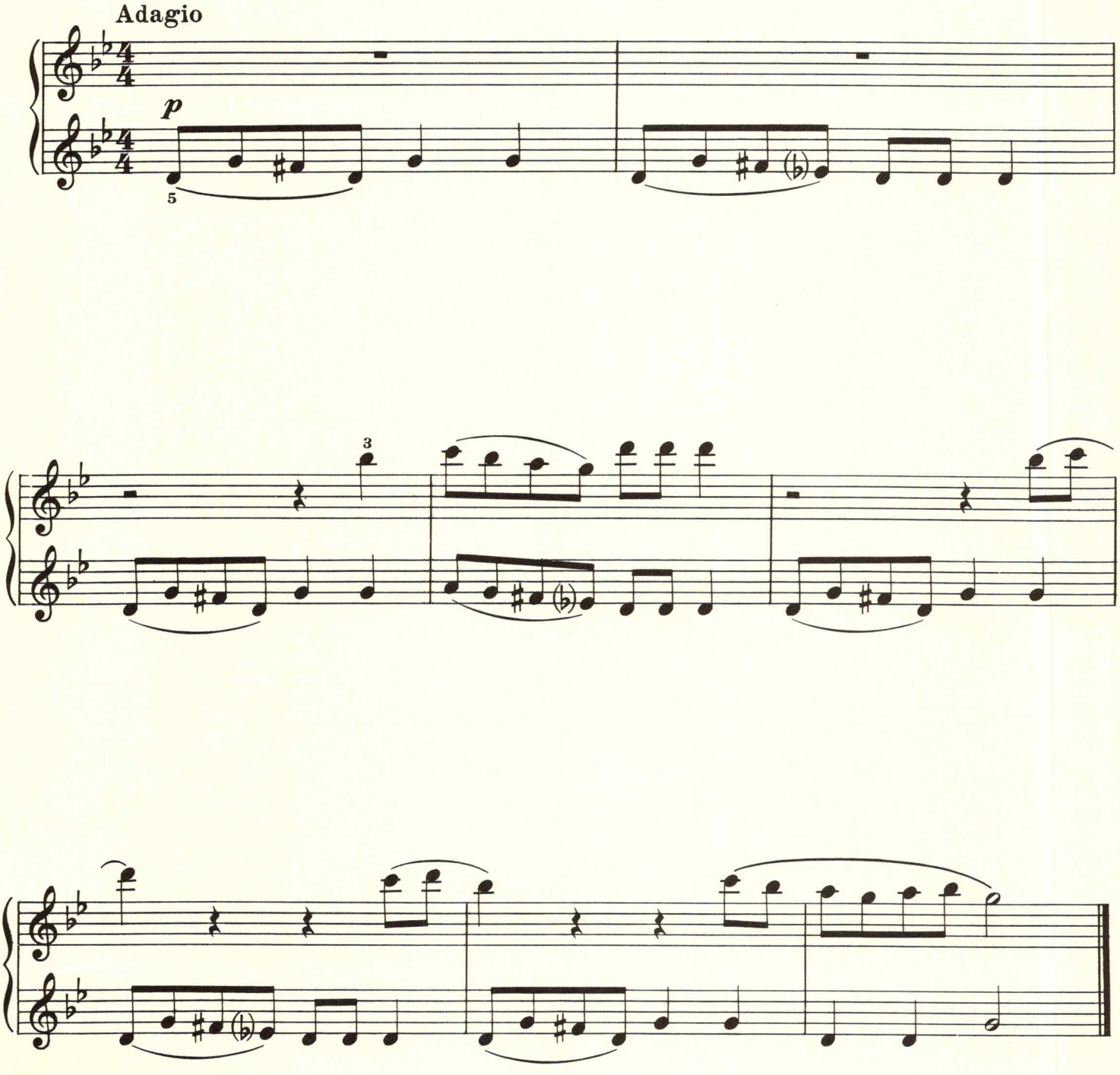
14 Folk Song from Guatemala



15 Israeli Dance I



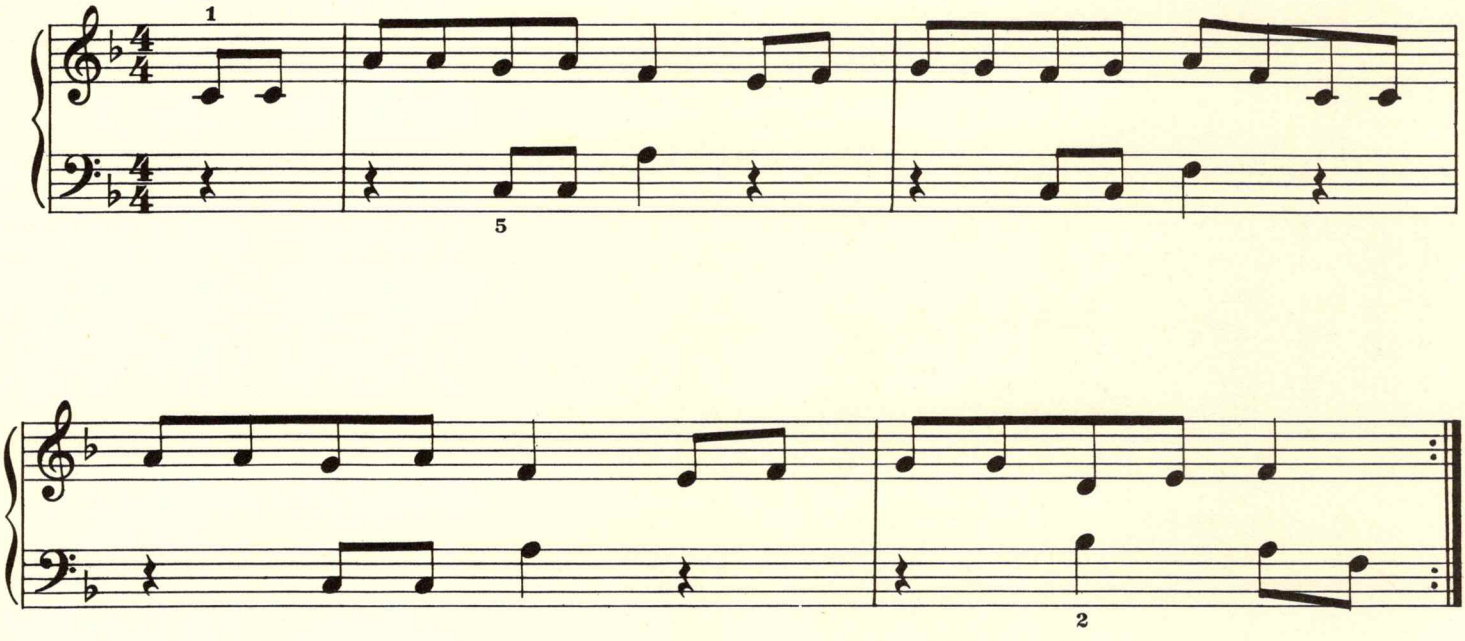
16 Israeli Dance II



17 PLANTING CABBAGE

French

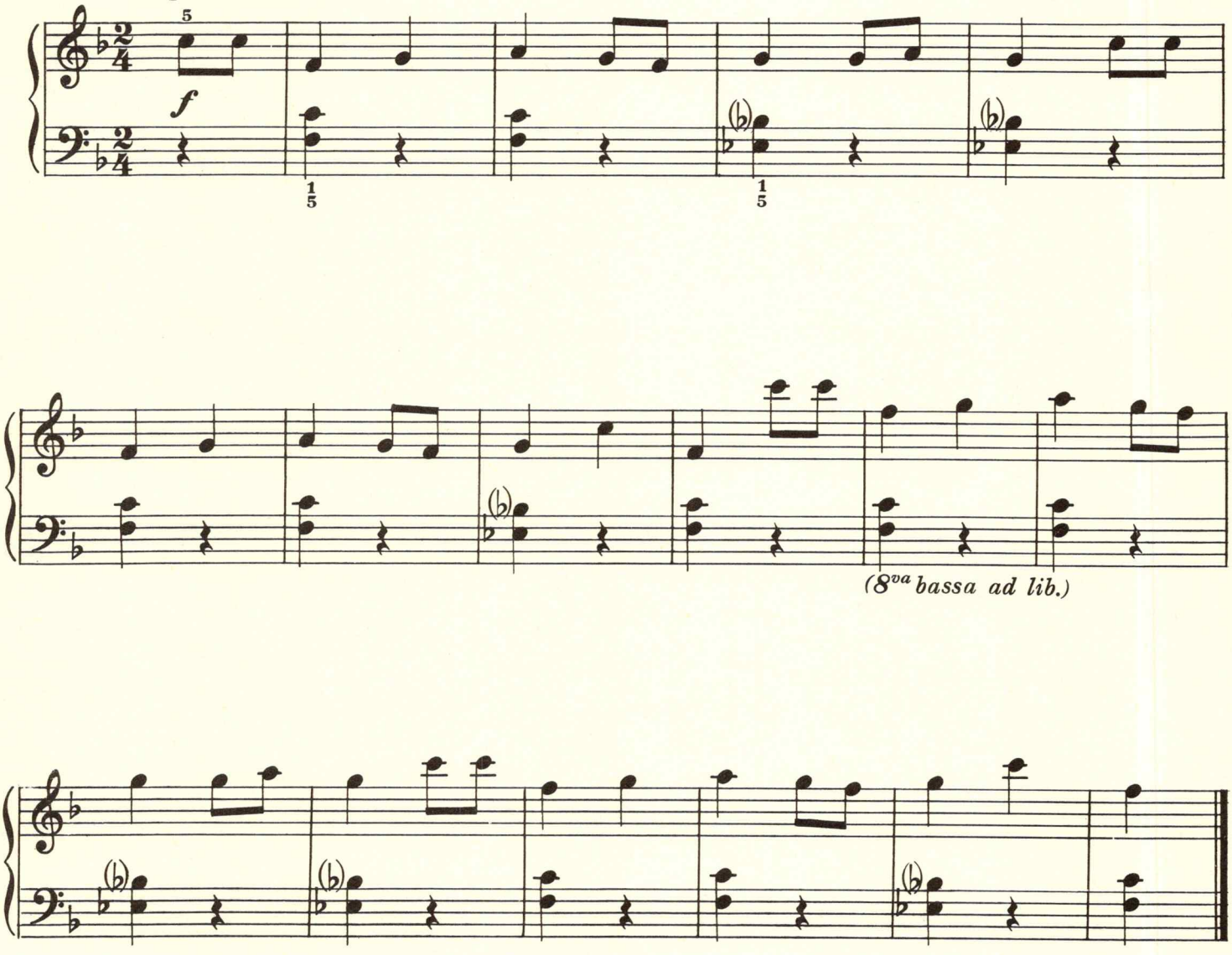
Allegretto



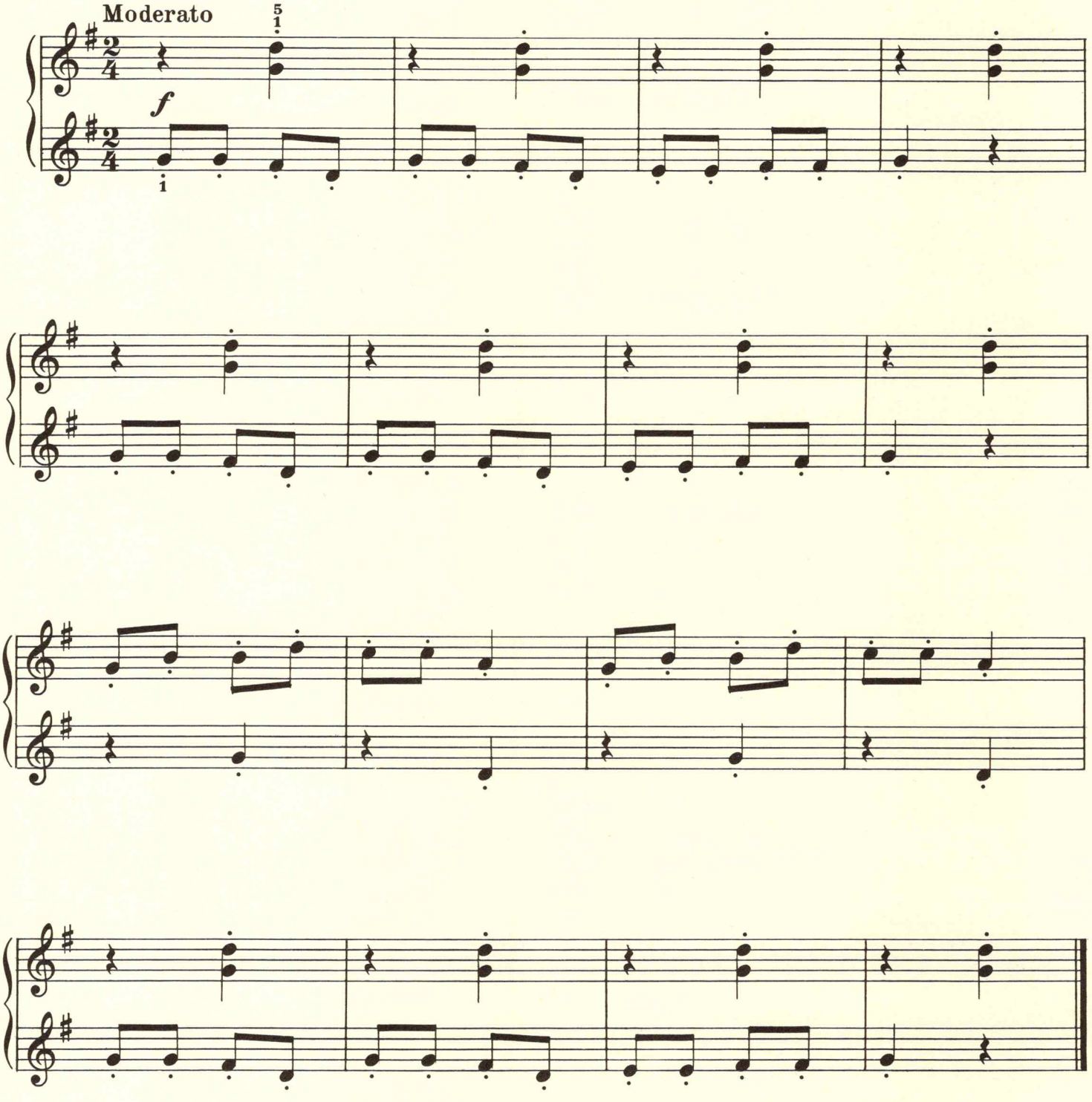
18 MARCHING

French

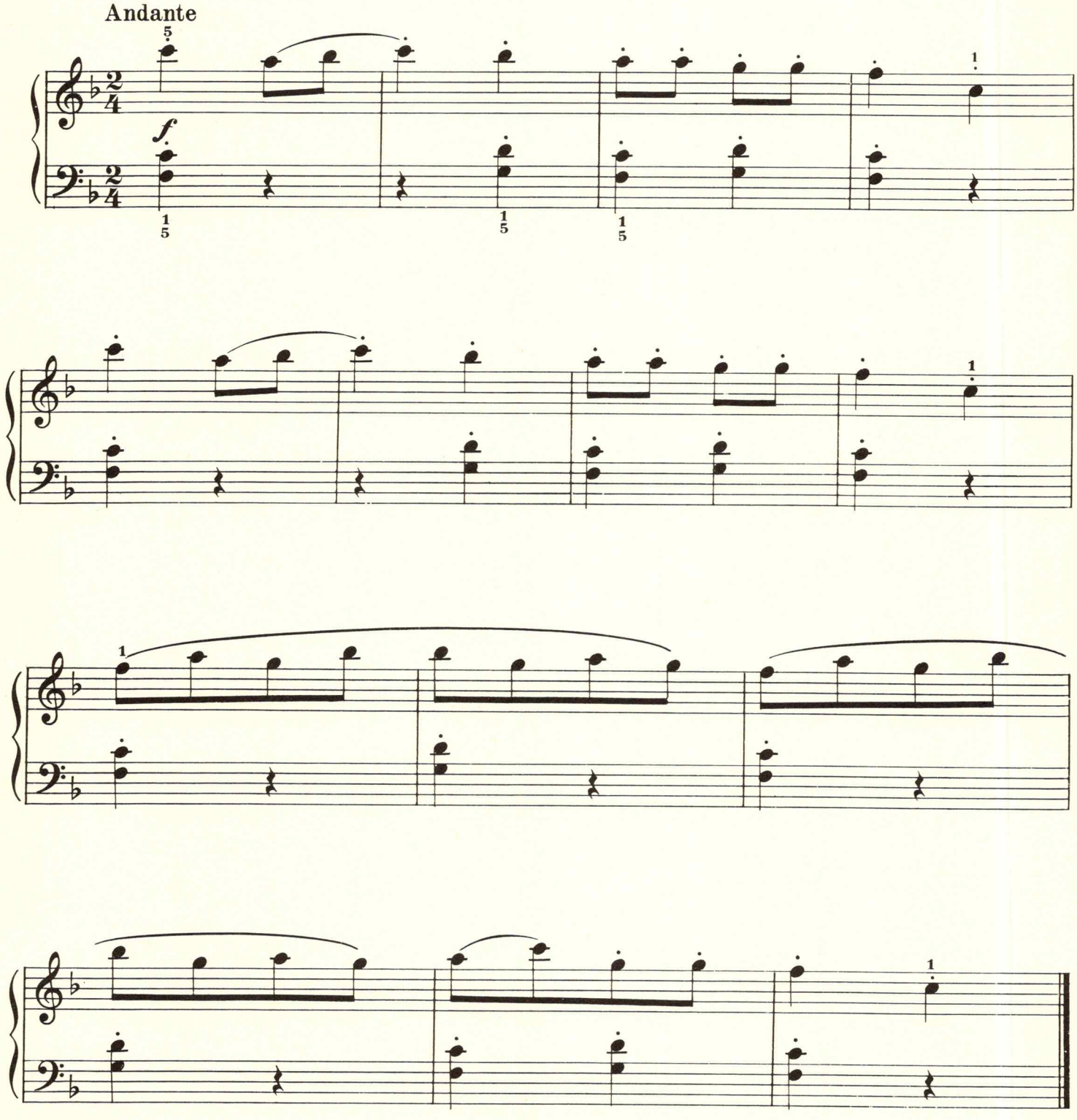
Tempo di marcia



19 Czech Folk Song

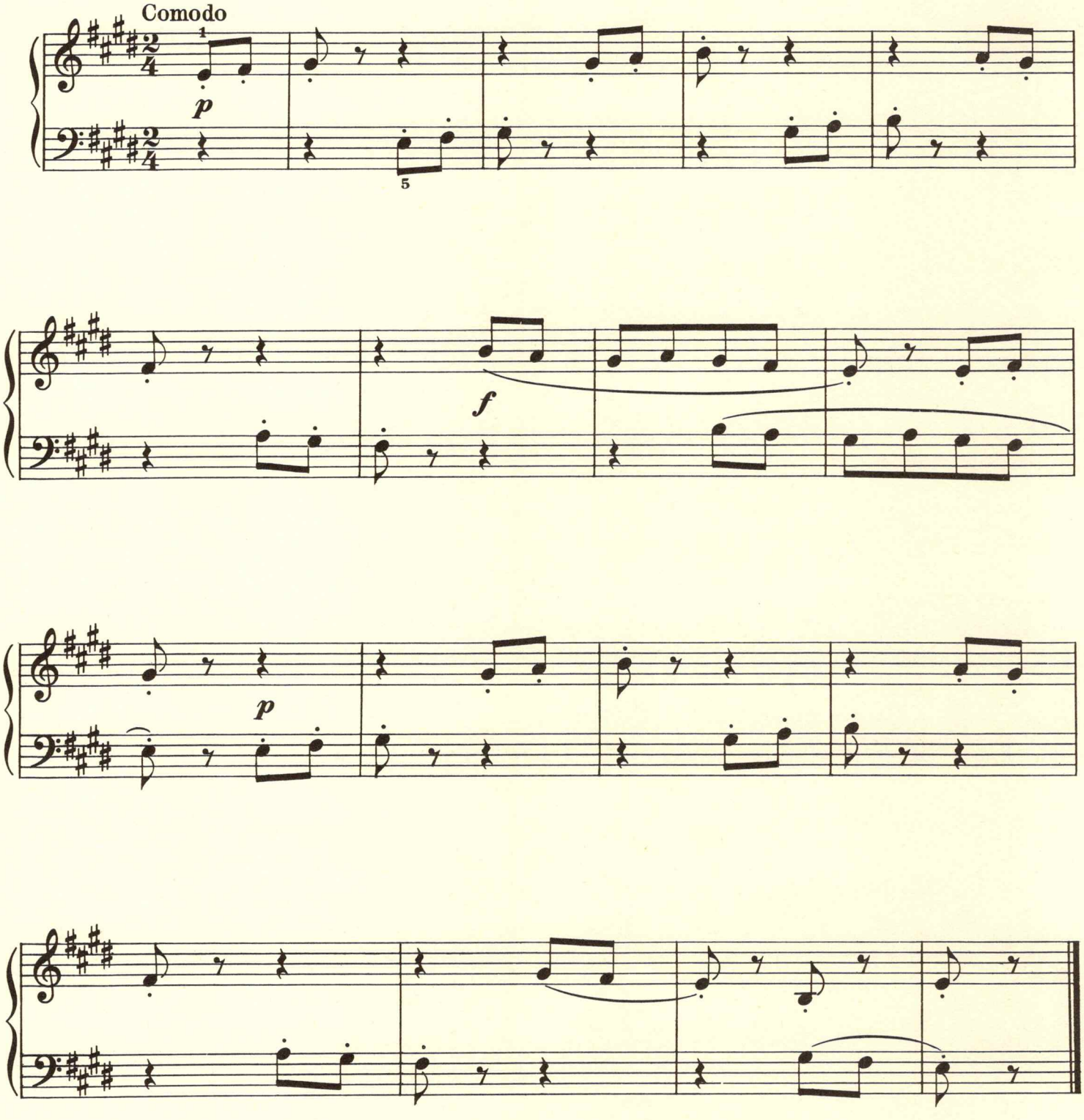


20 Lithuanian Folk Song



21 FOLLOW ON *(Round)*

American



EXERCISES

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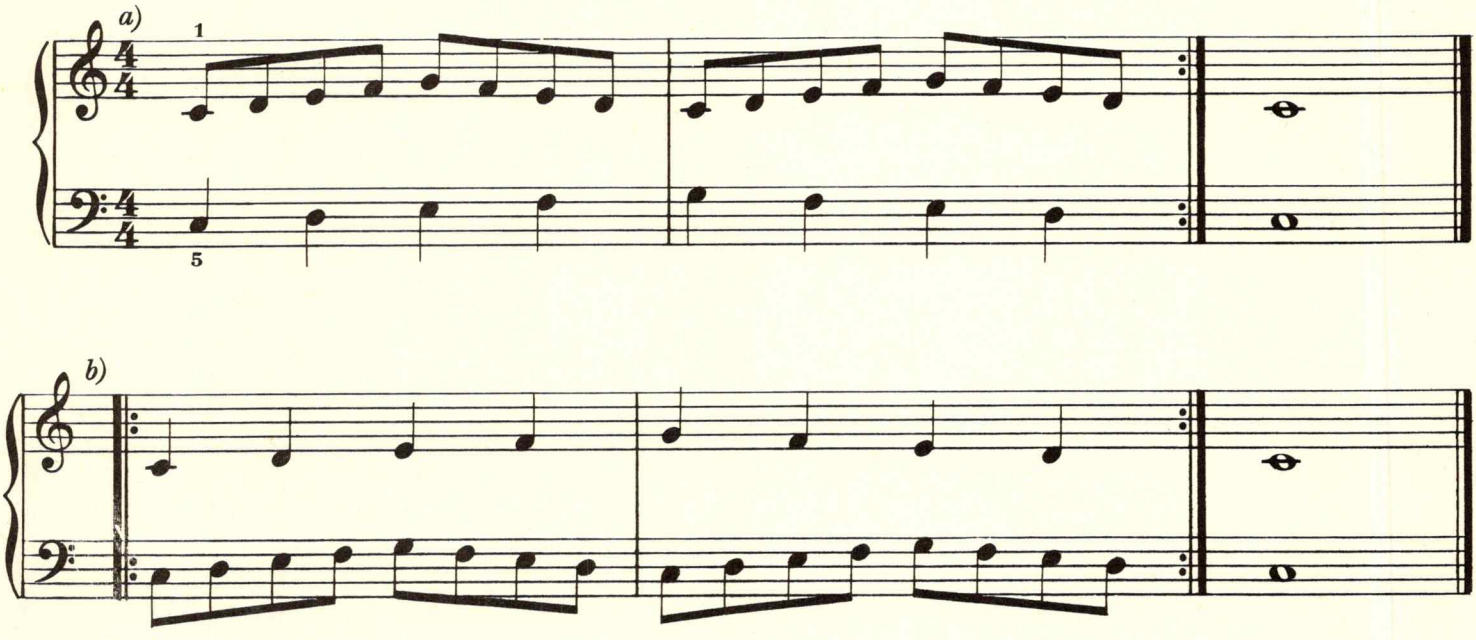

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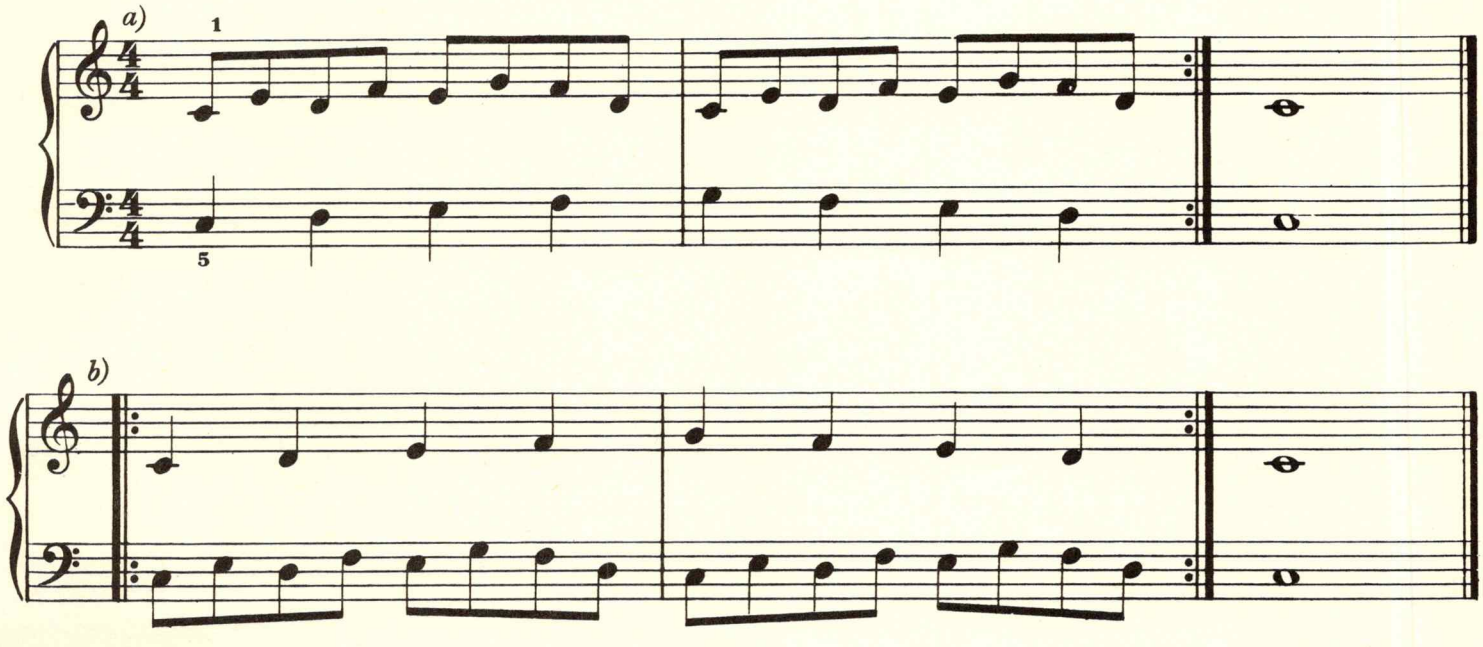

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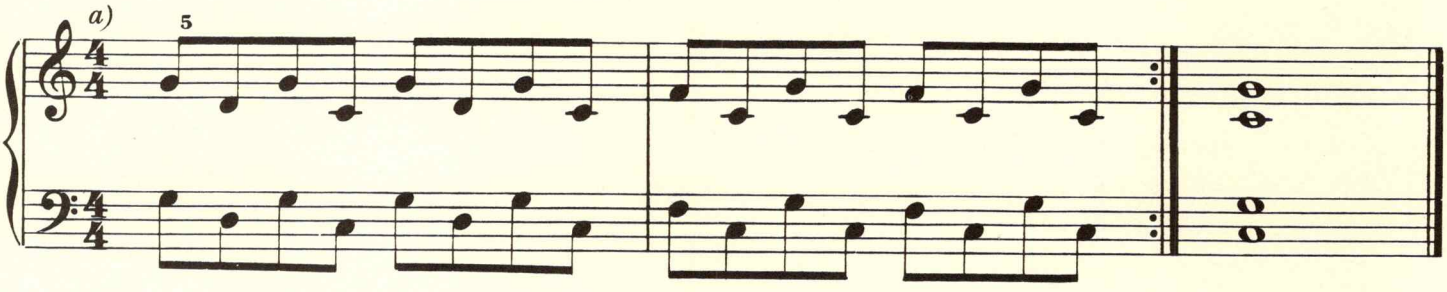

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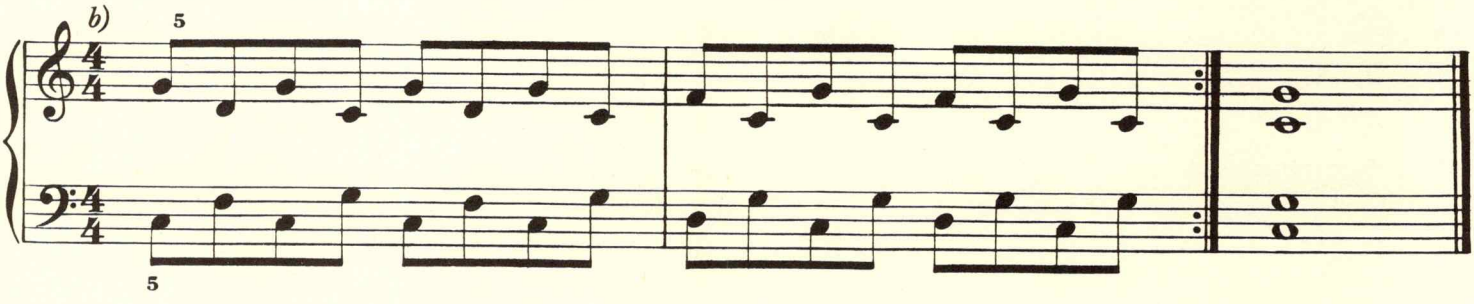
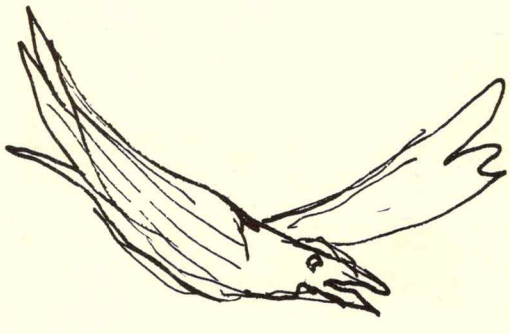
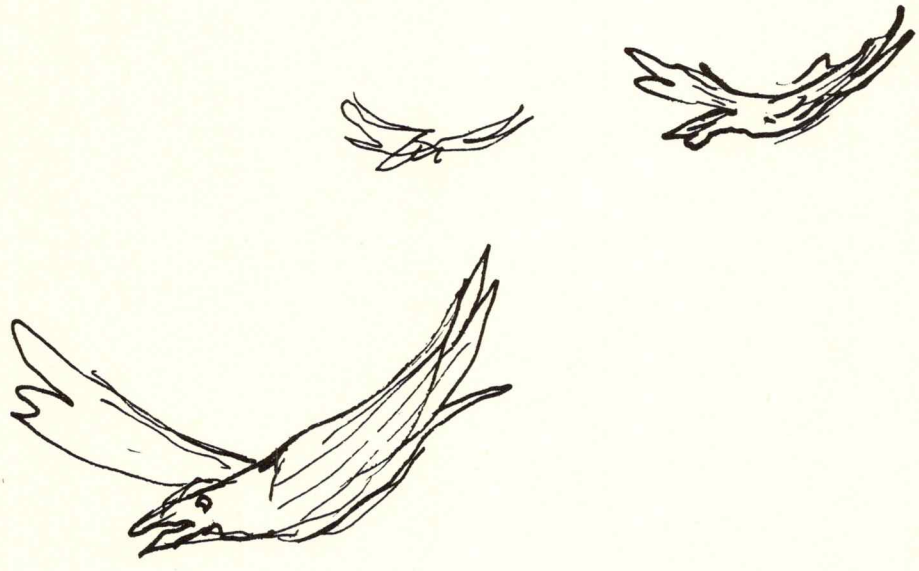




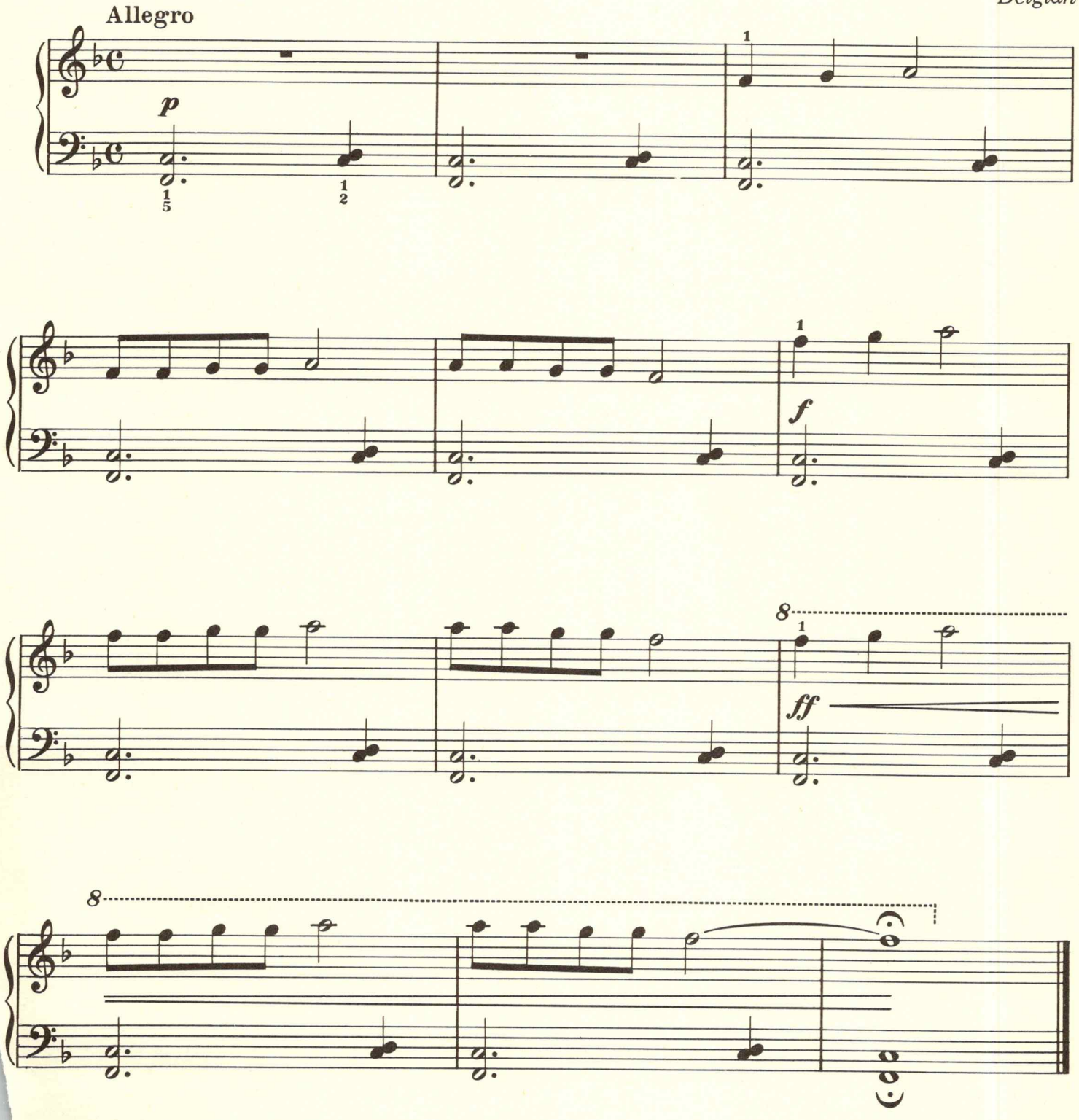
UNIT 4



The Thrush Sings

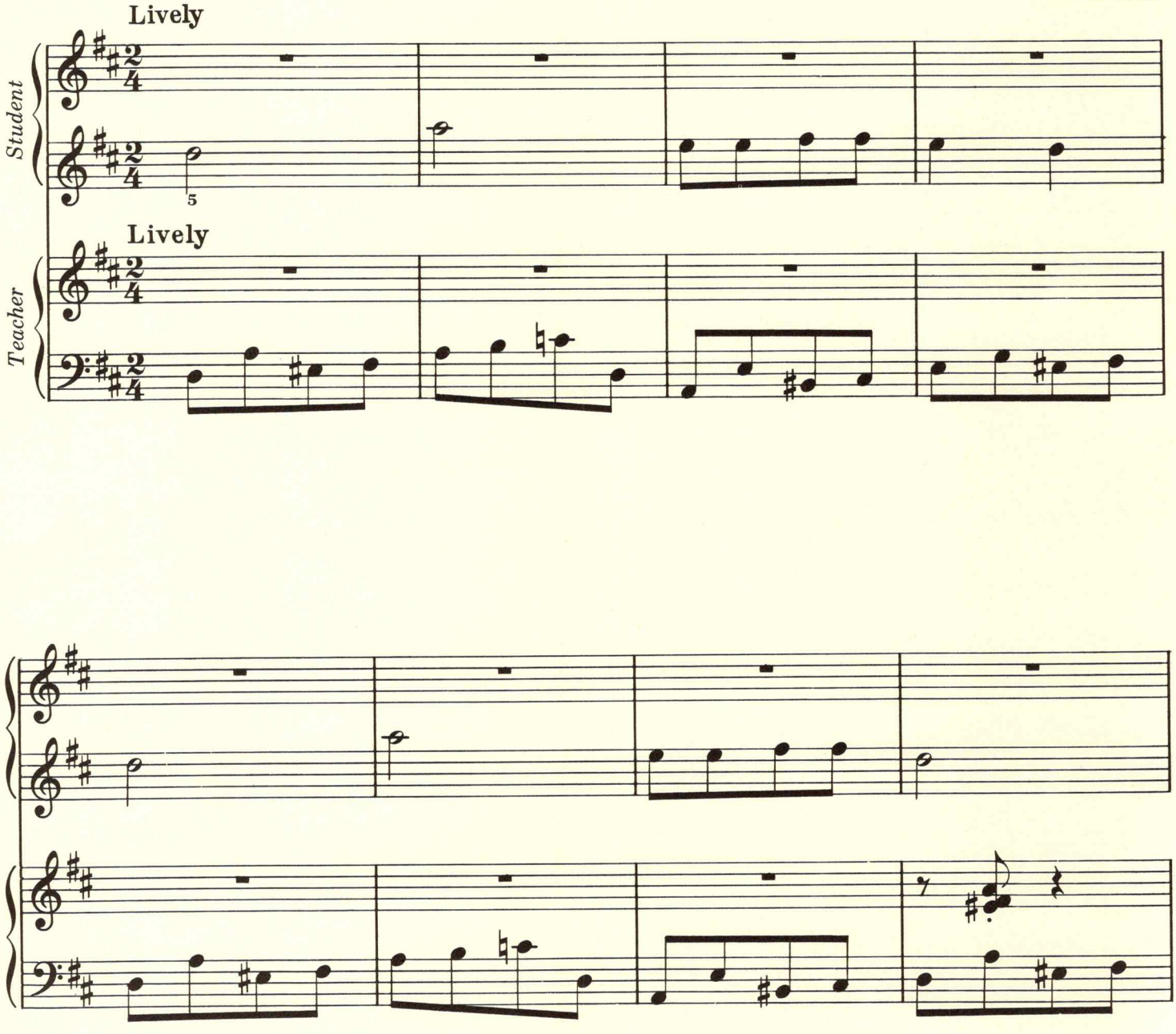
1 THE HEN

Belgian



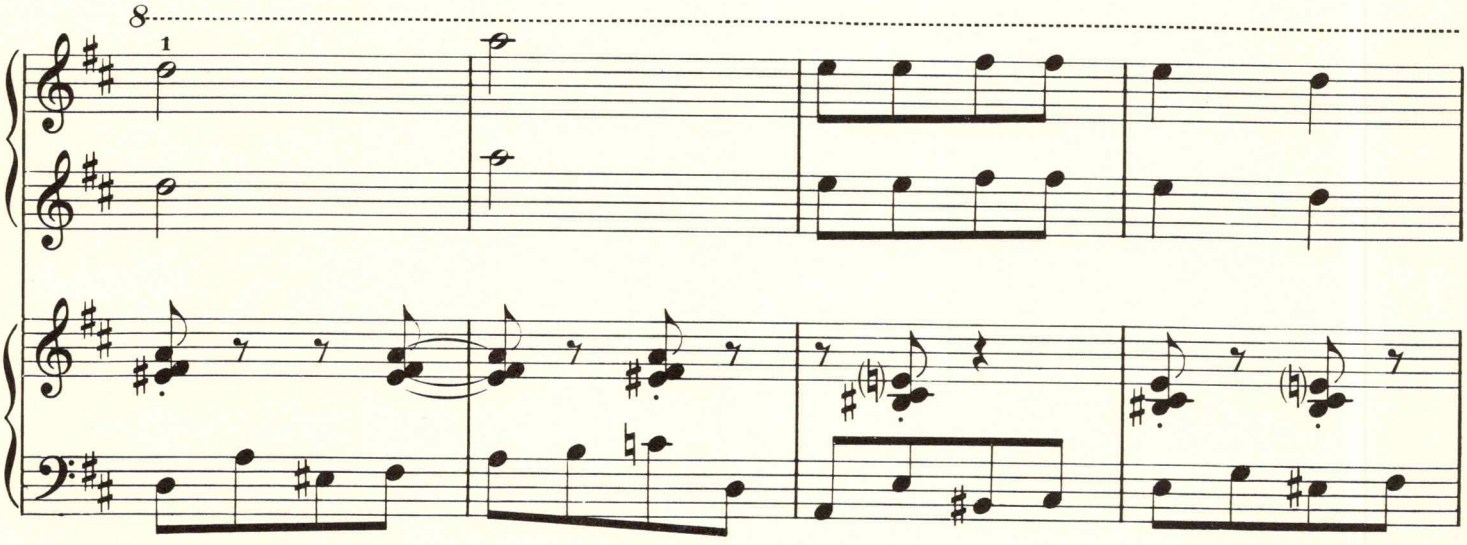
2 Who's That Tappin' at My Window

American



Who's that tappin' at my window?
Who's that knockin' at the door?

Mama tappin' at the window,
Papa tappin' at the door.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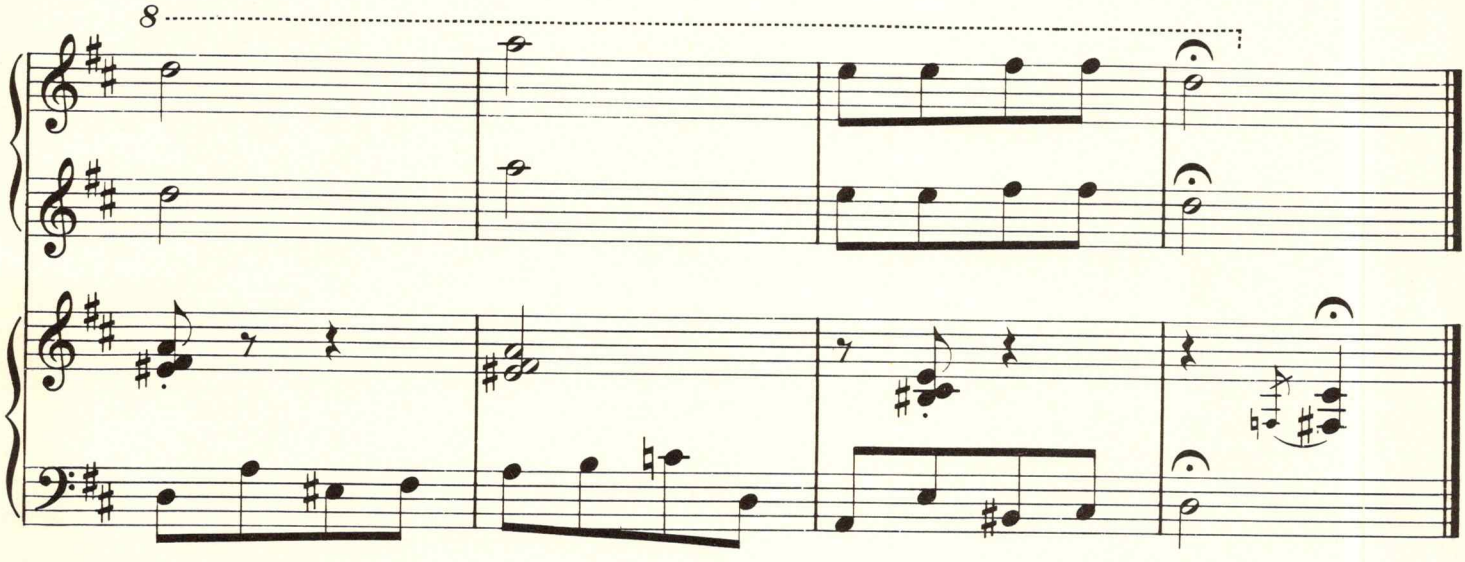
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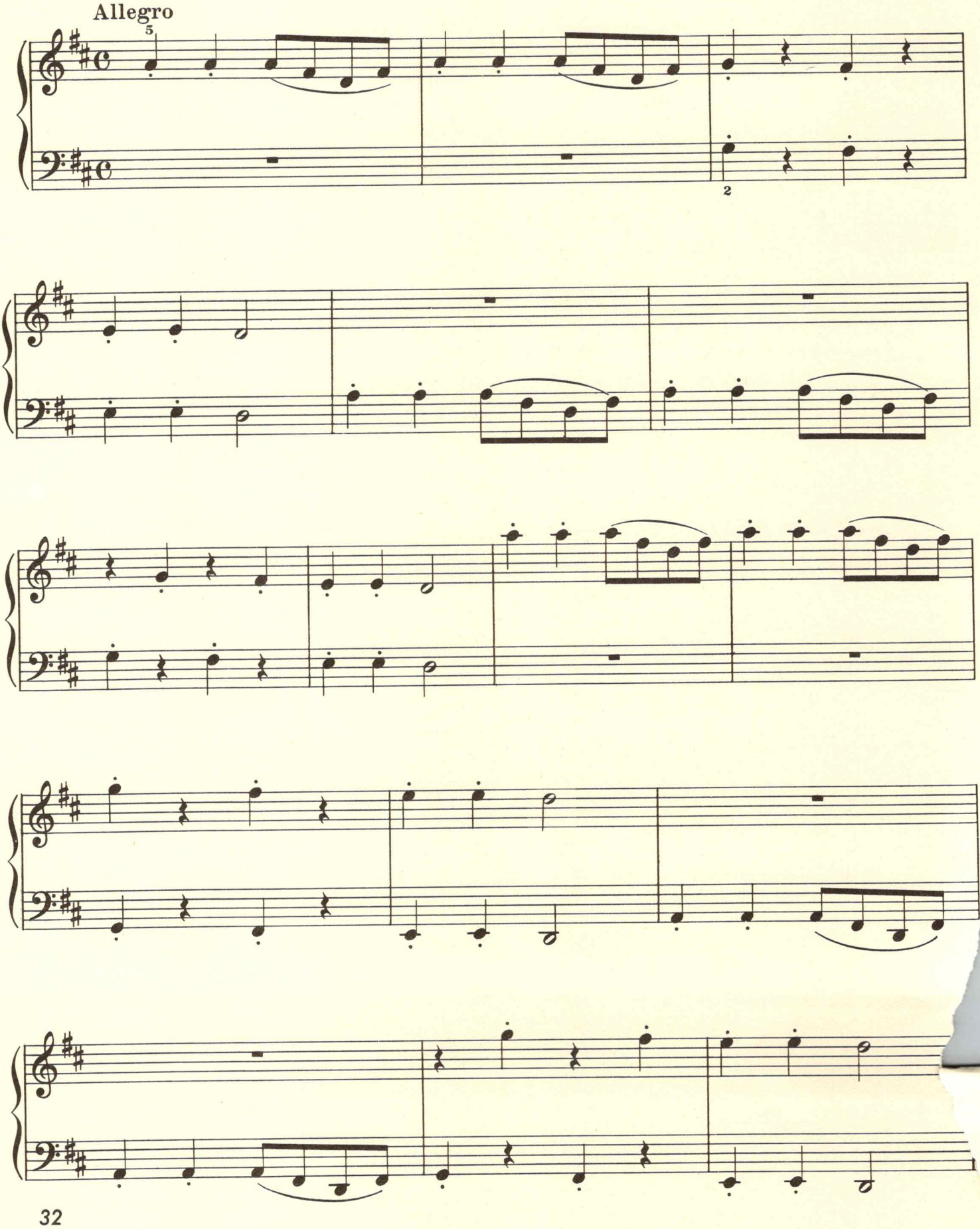
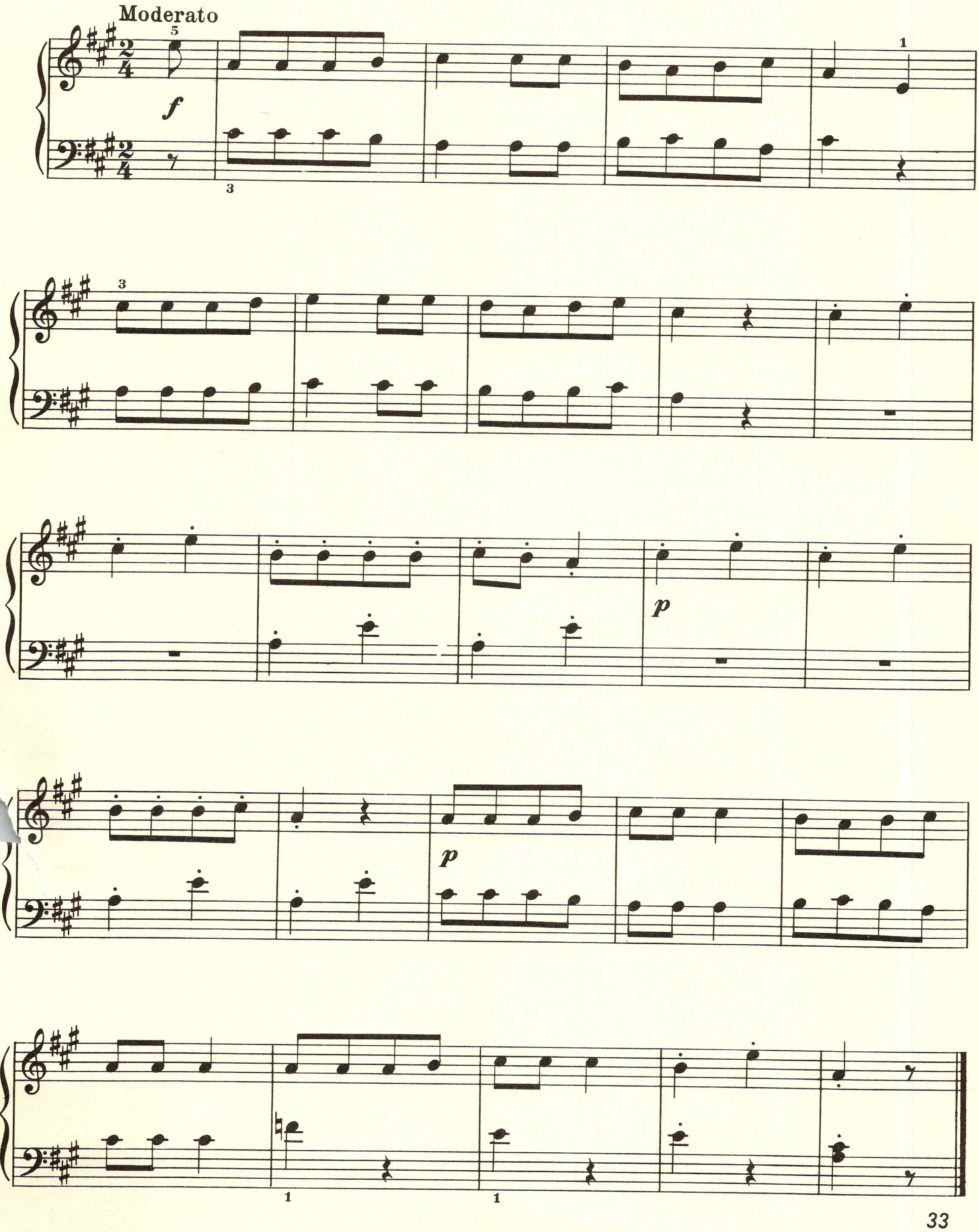
3 German Dance I

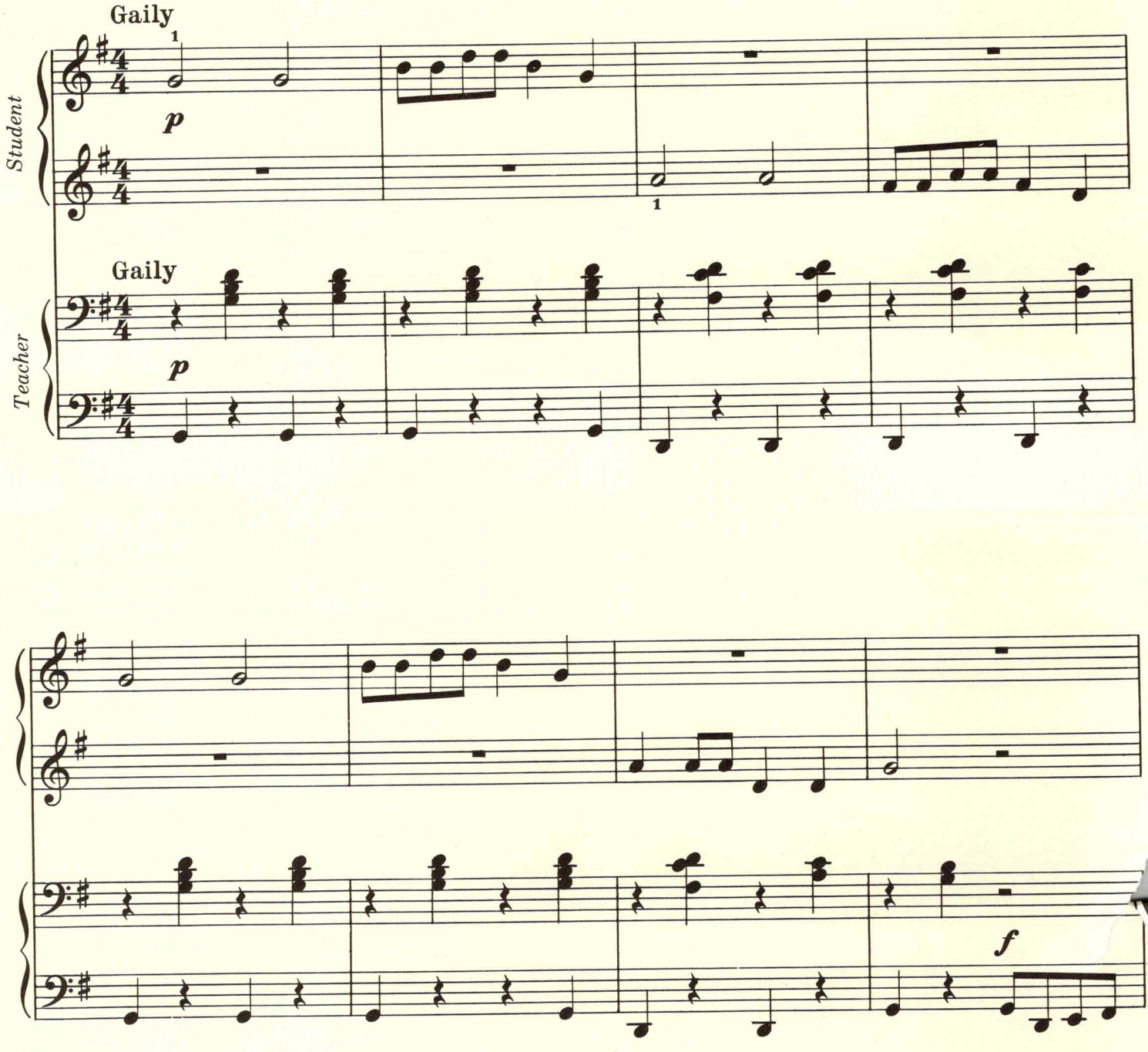


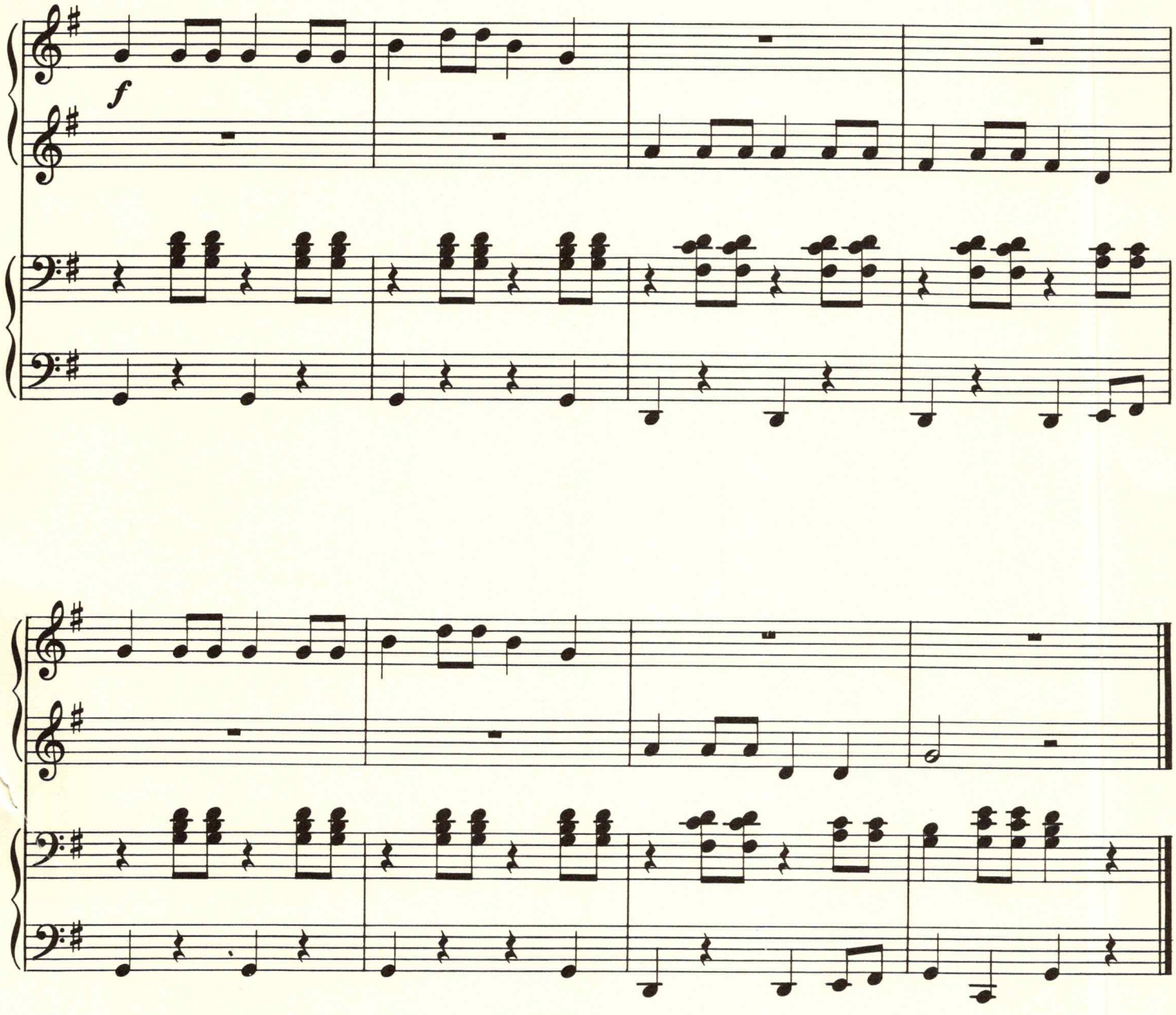
4 German Dance II



5 John Brown Had a Little Indian

American

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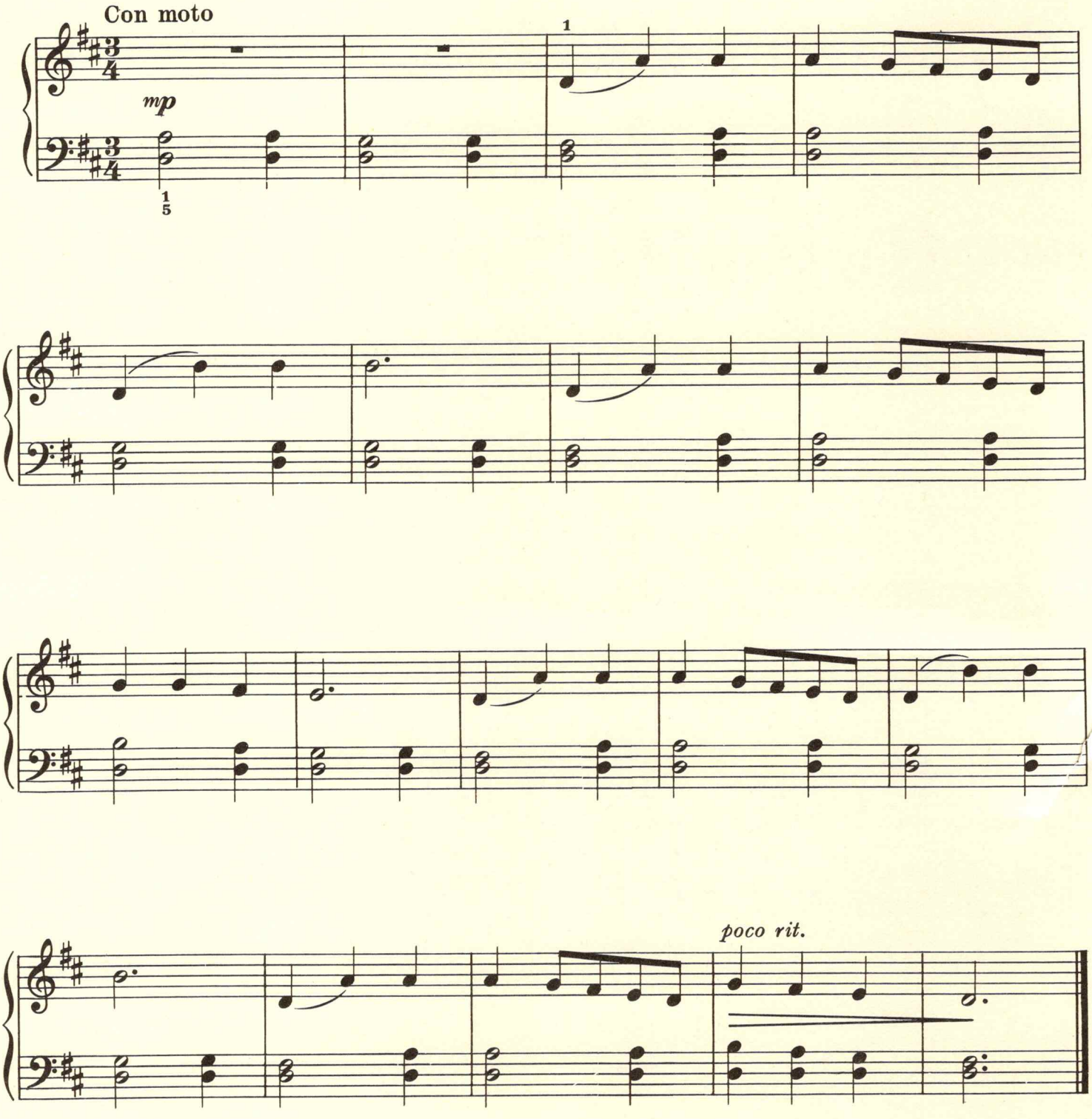
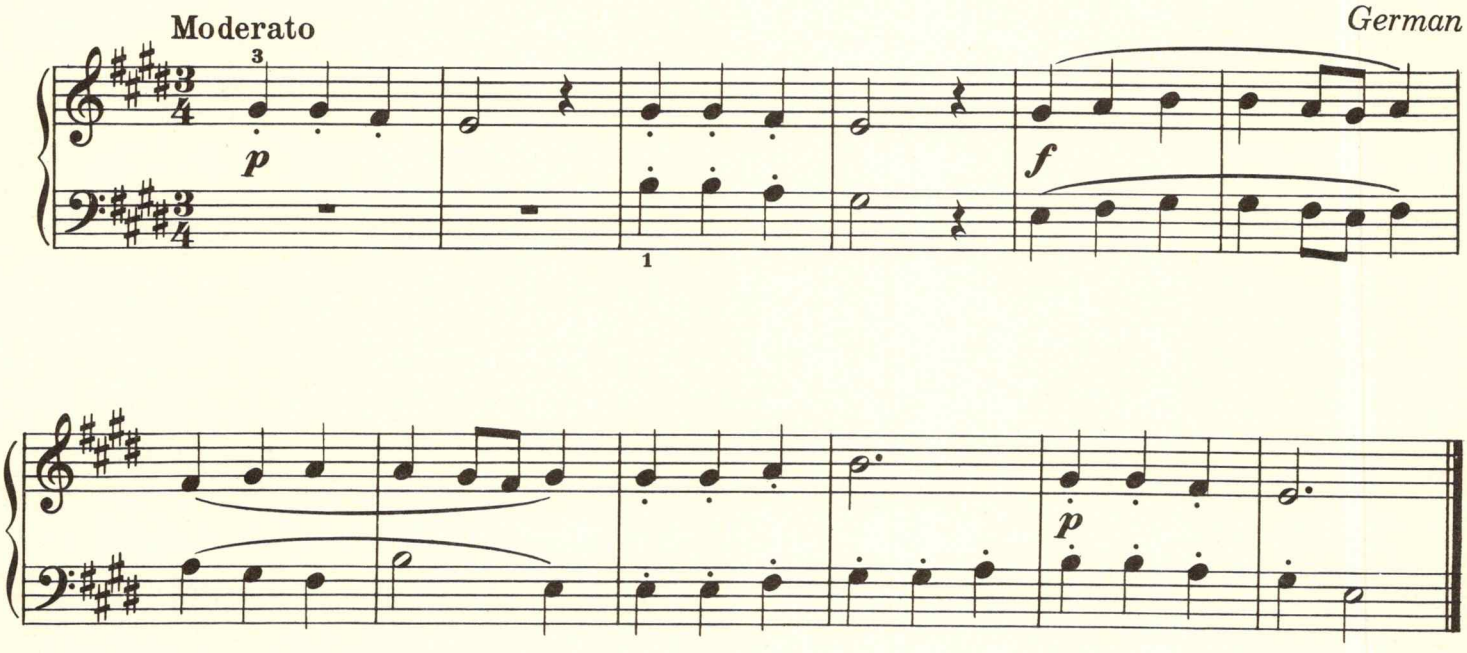
6 LAVENDER'S BLUE

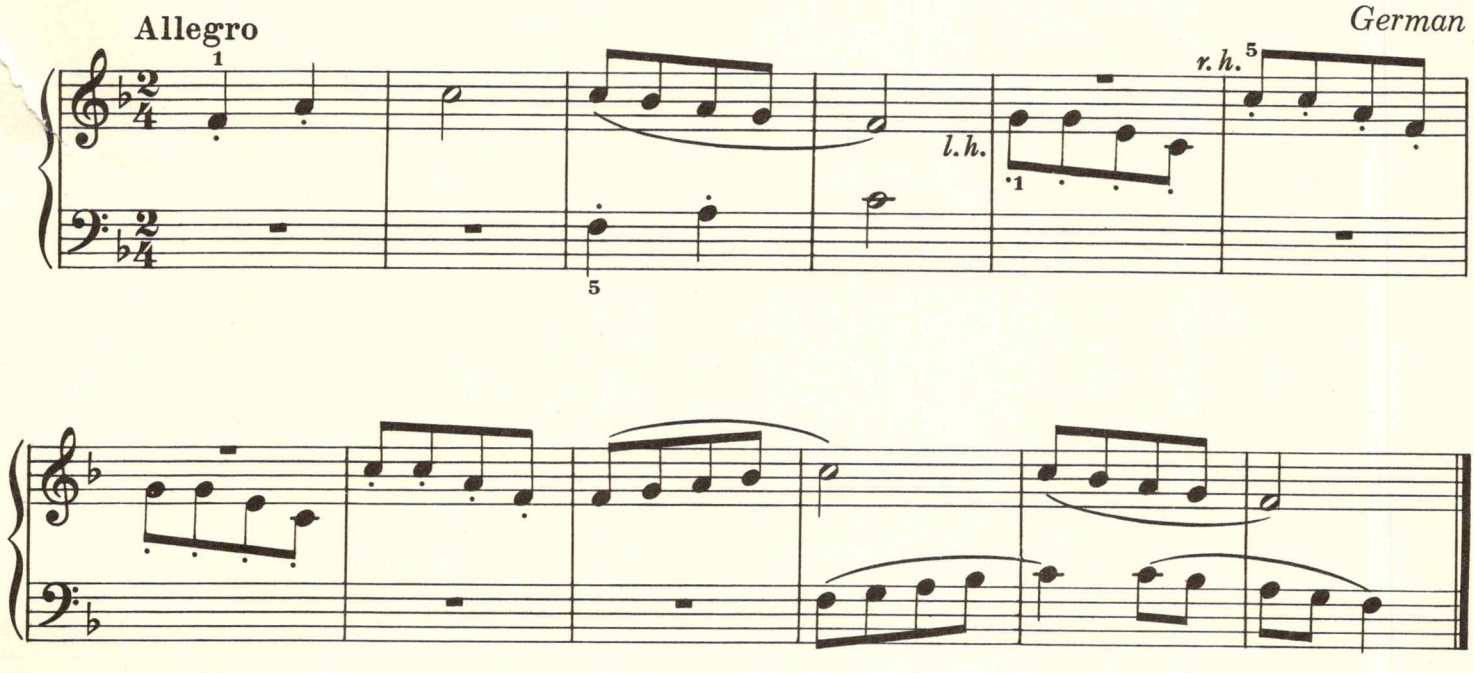
English



7 Farewell Winter

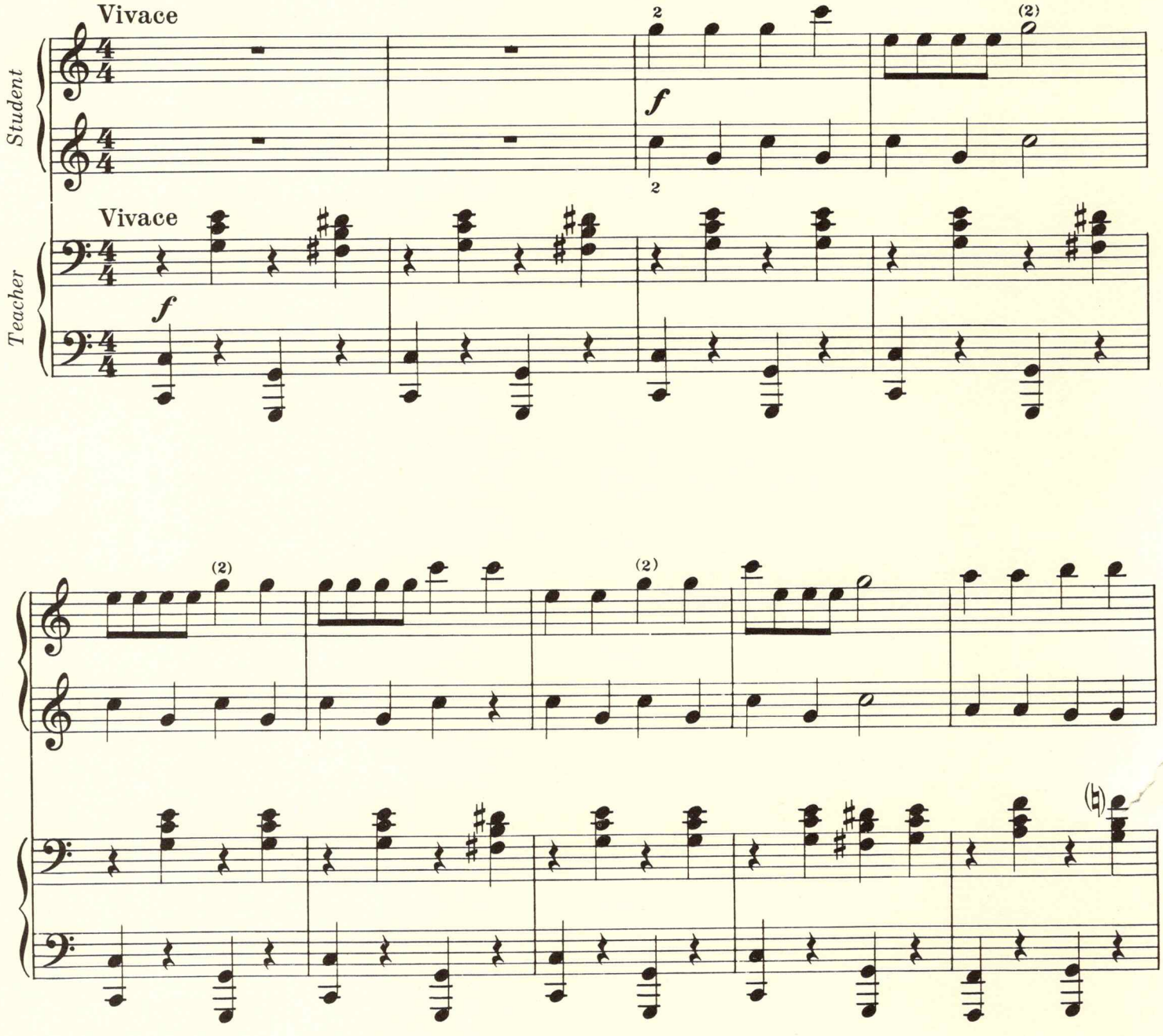


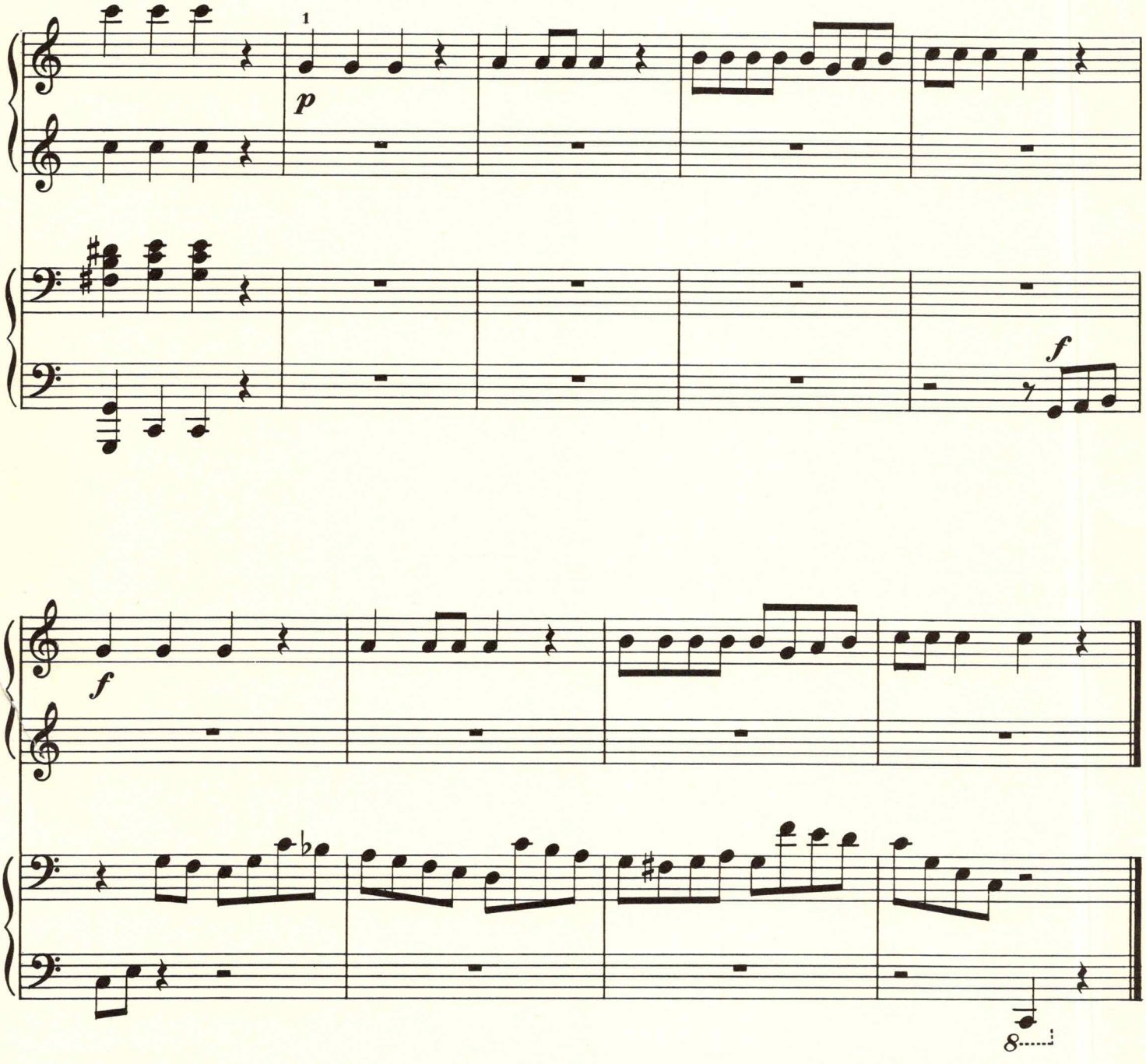
8 Hop, Hop, Hop



9 MERRY-GO-ROUND

Swedish

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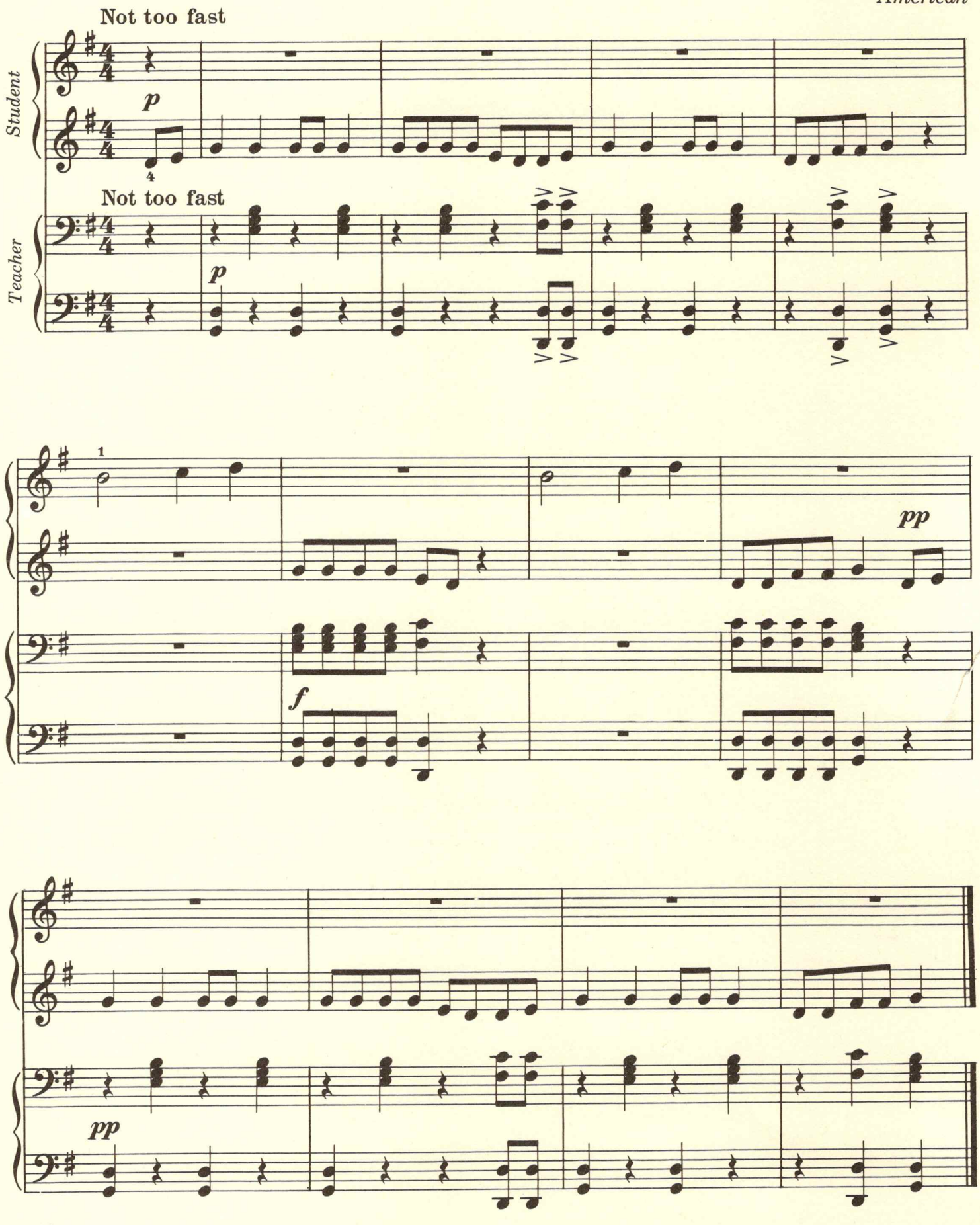
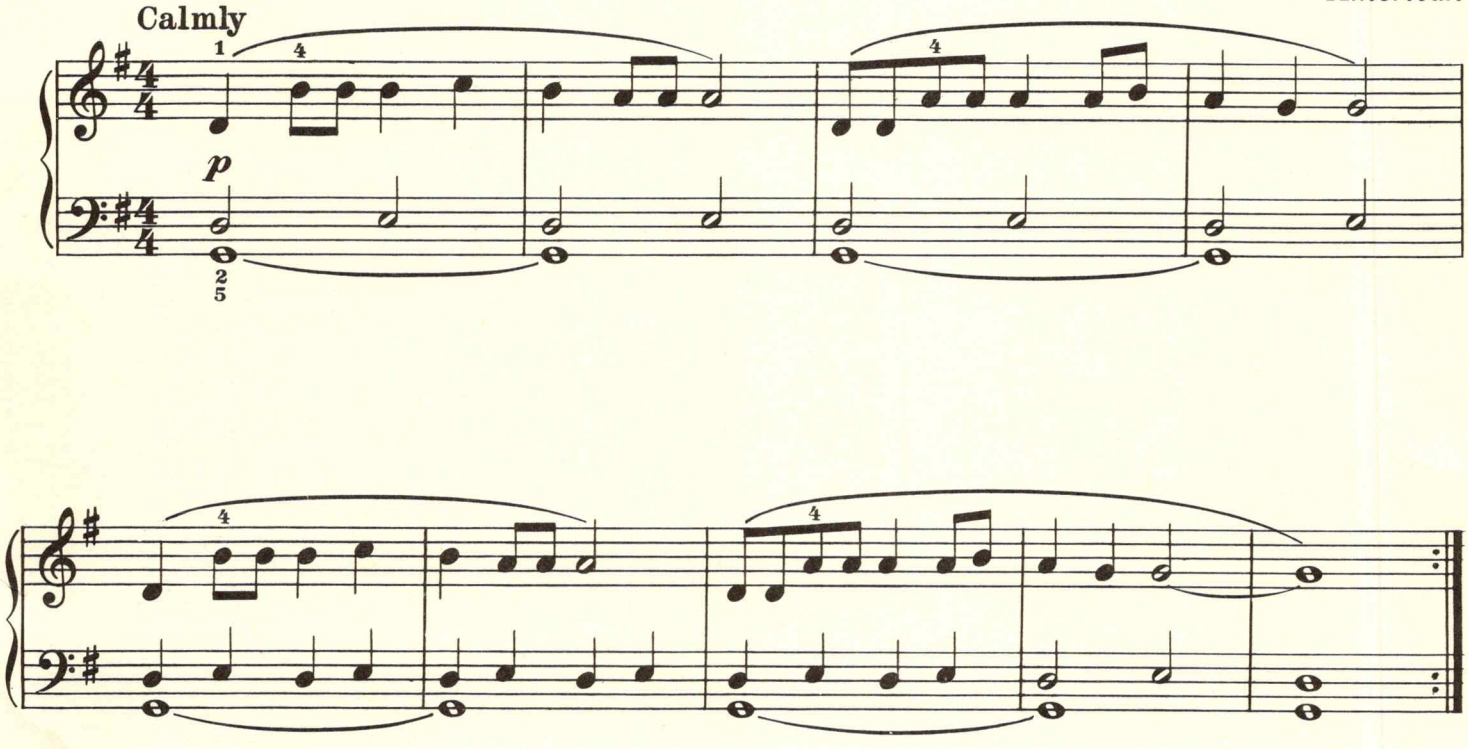
10 Pick a Bale of Cotton

American



11 Hush Little Baby

American



Hush, little baby, don't say a word,
Papa's going to buy you a mocking bird.

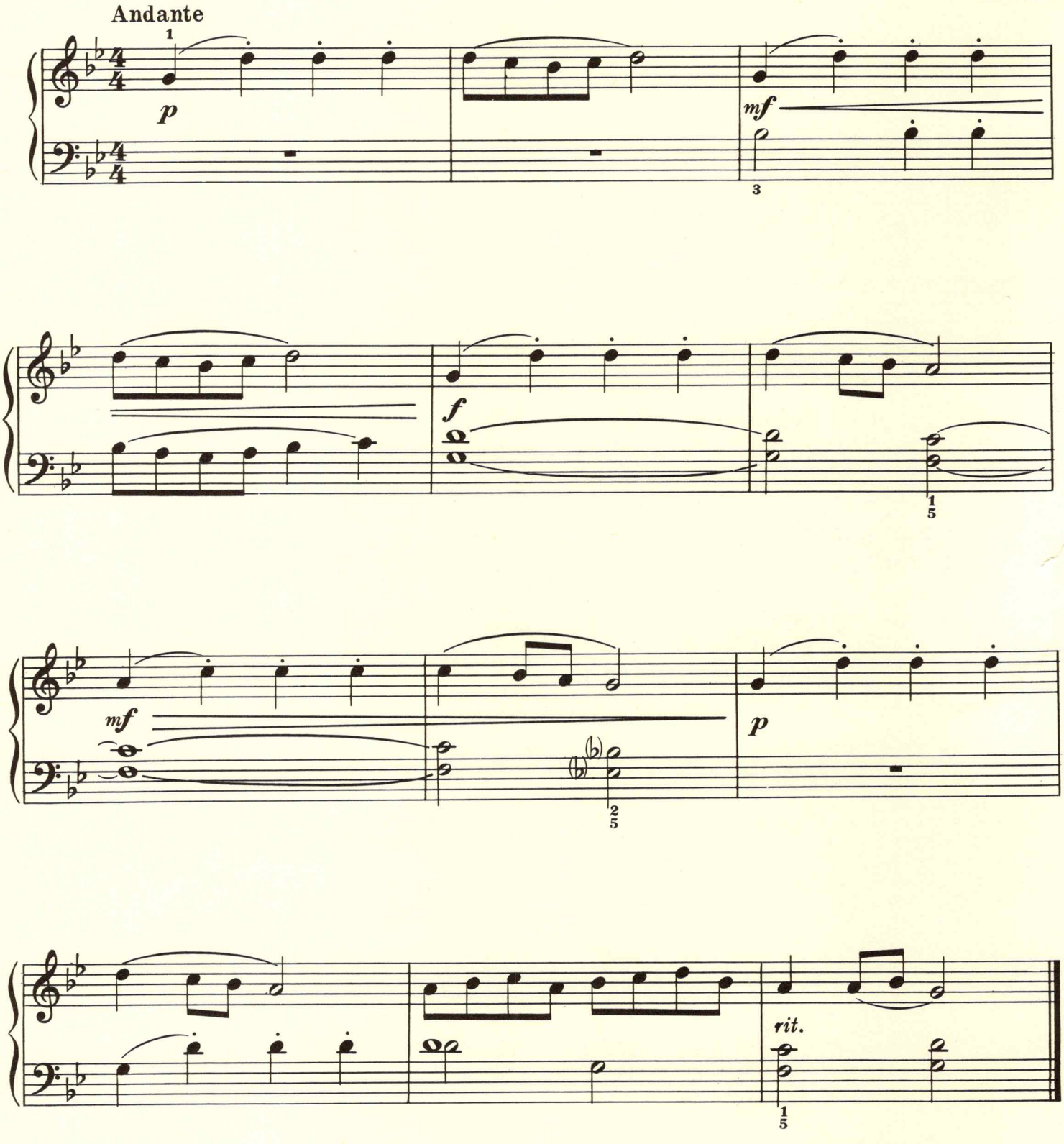
If that mocking bird won't sing,
Papa's going to buy you a diamond ring.

If that diamond ring turns brass,
Papa's going to buy you a looking glass.

If that looking glass gets broke,
Papa's going to buy you a billy goat.

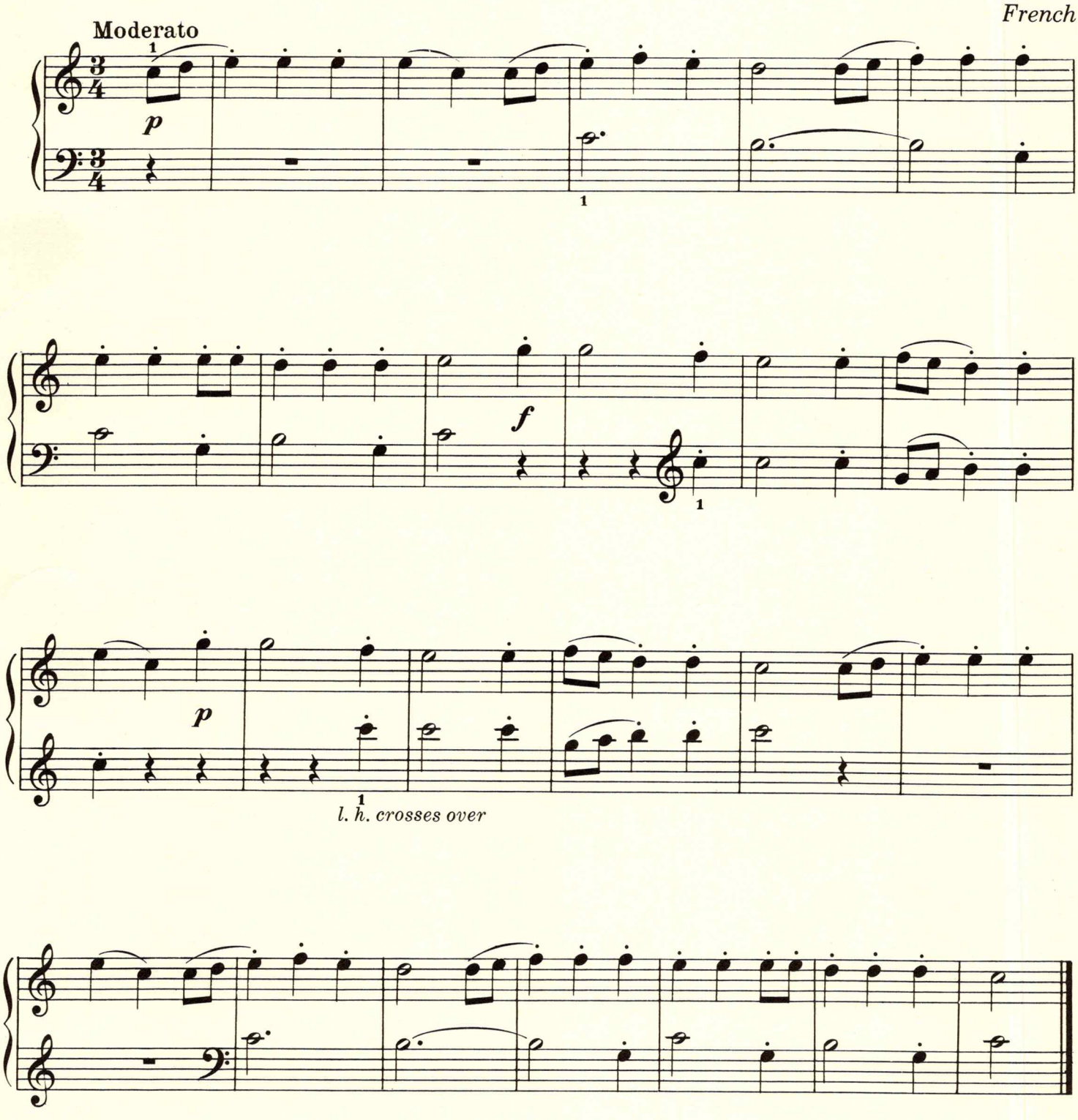
12 GAVOTTE

French



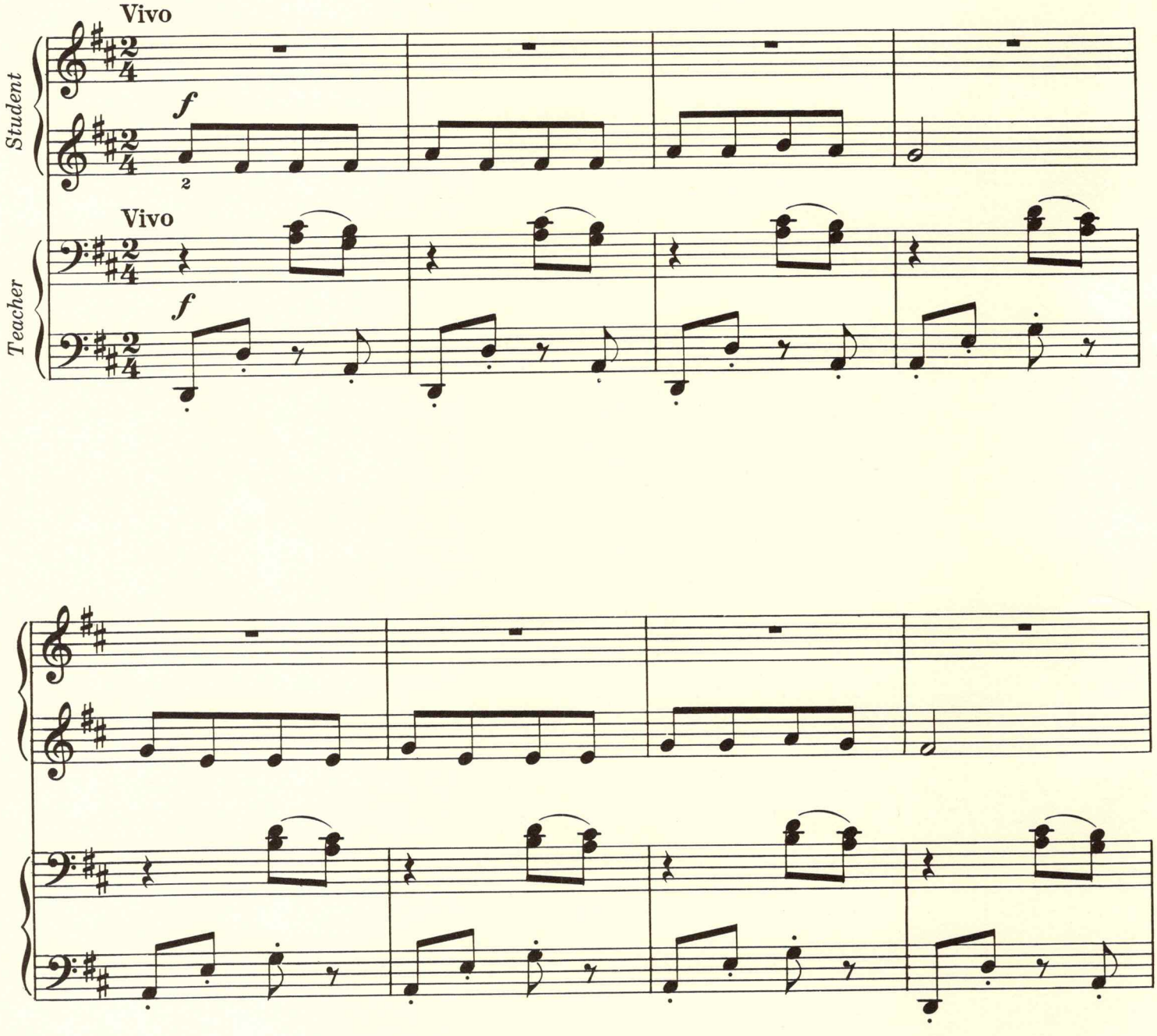
13 THE SHEPHERD

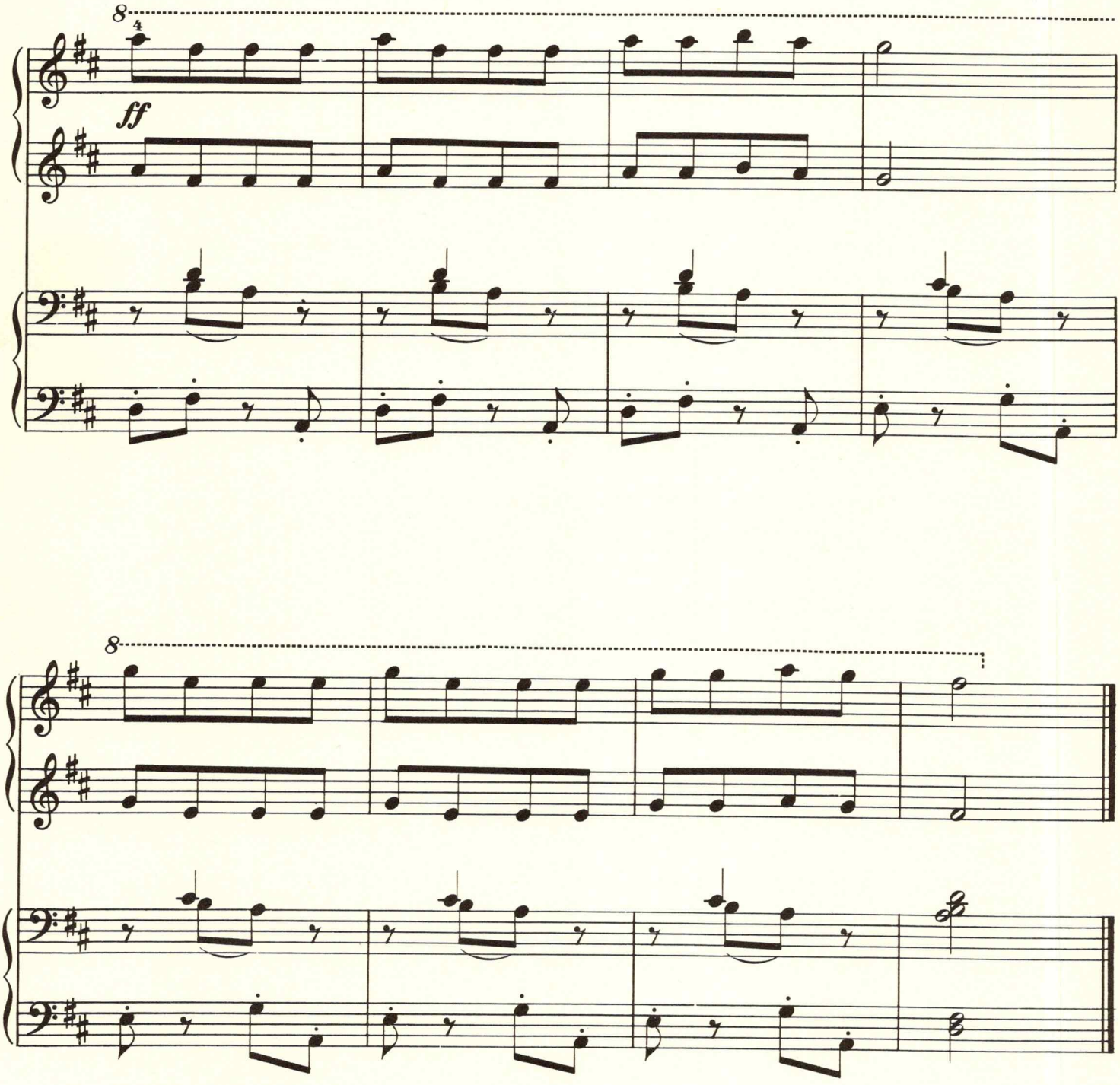
French



14 Choo, Choo

Brazilian

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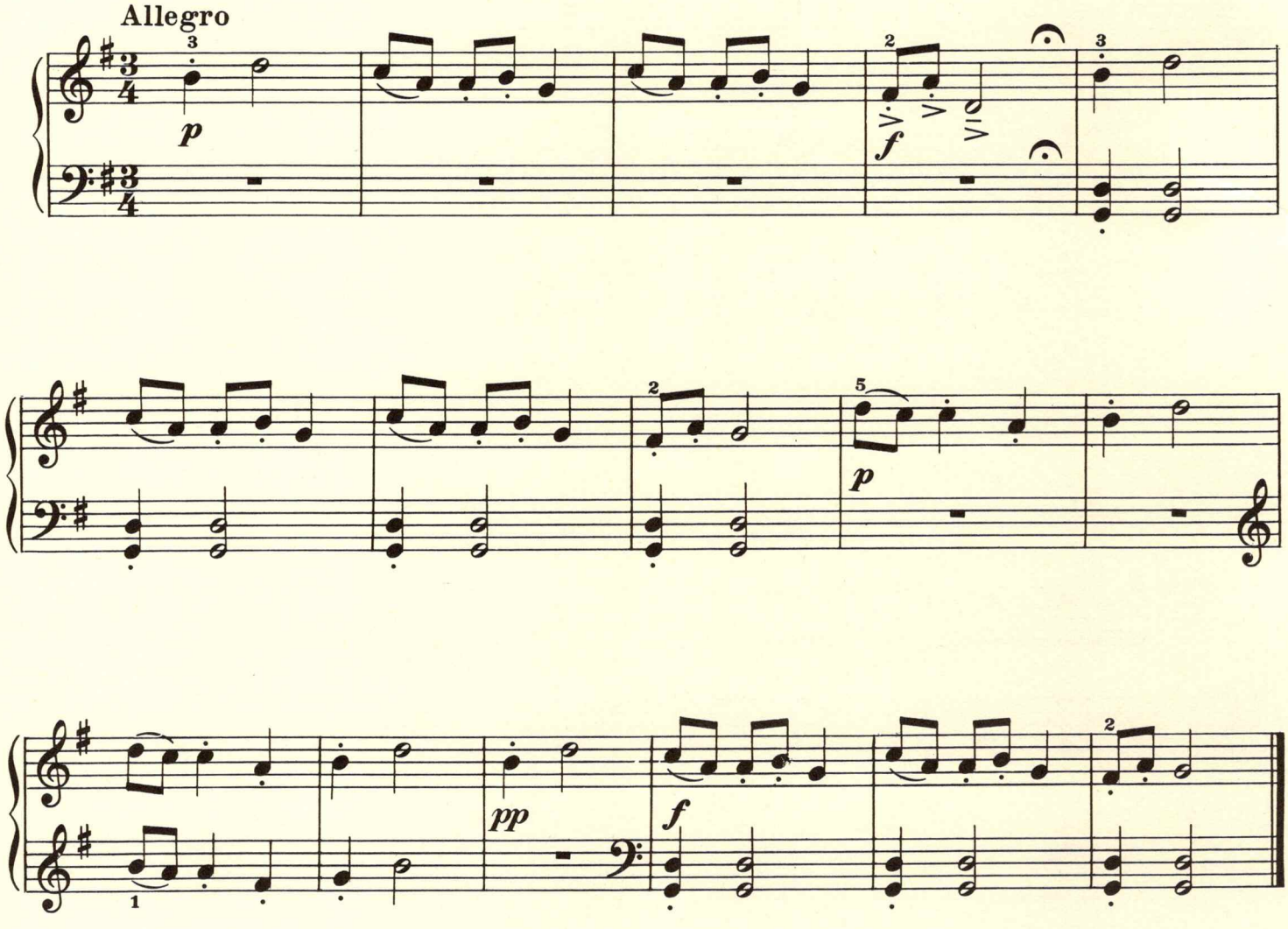
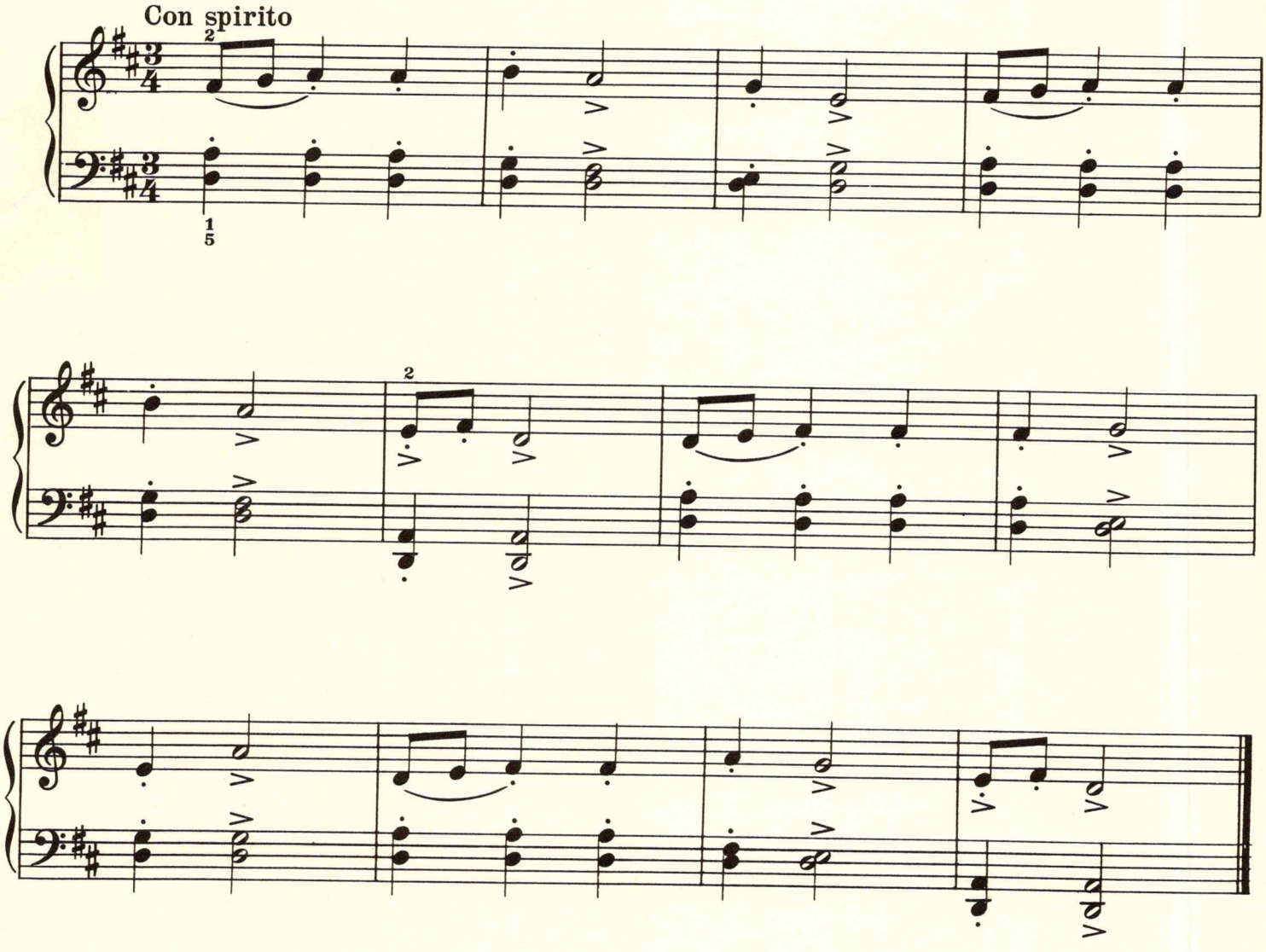
15 Czech Dance I

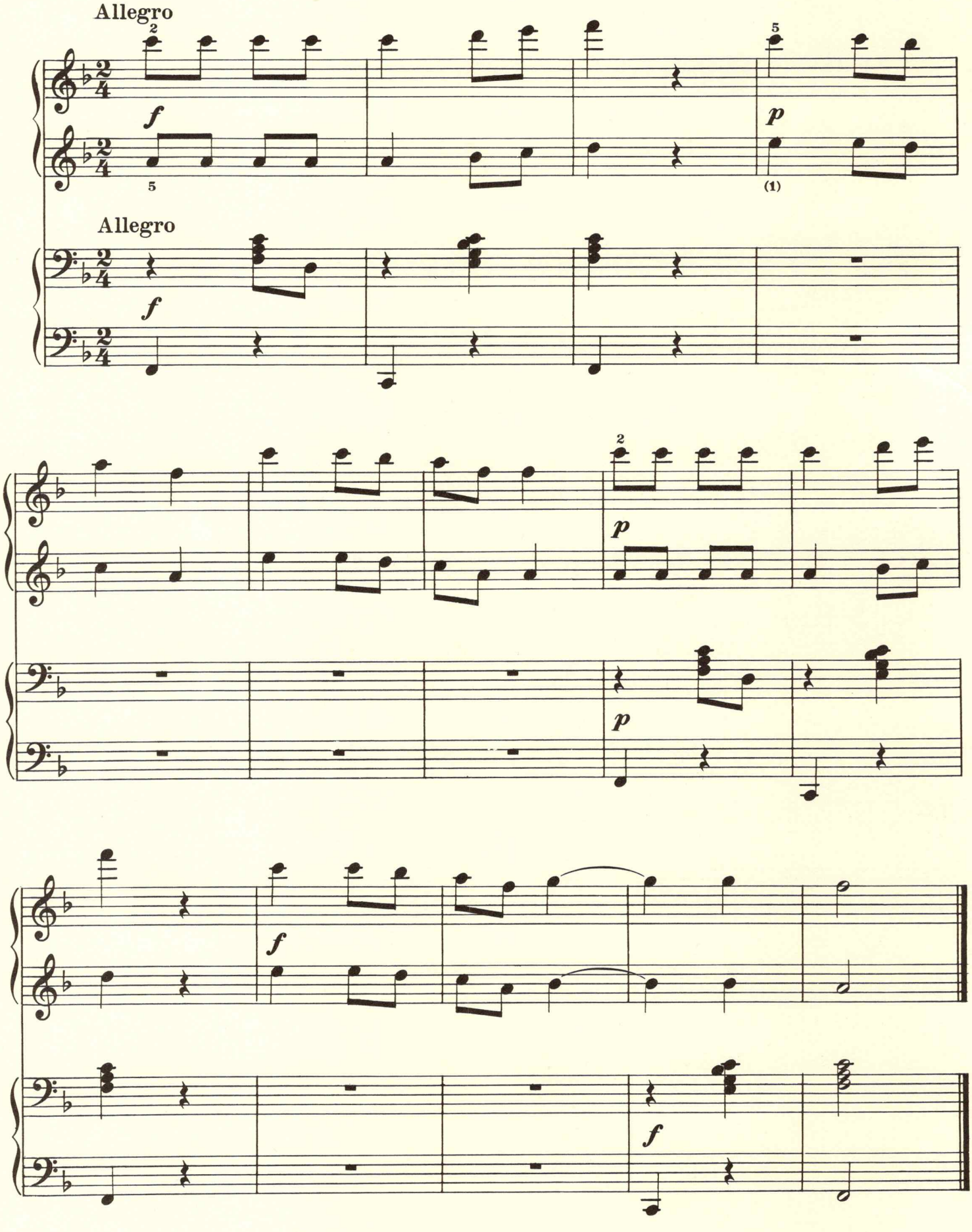


16 Czech Dance II

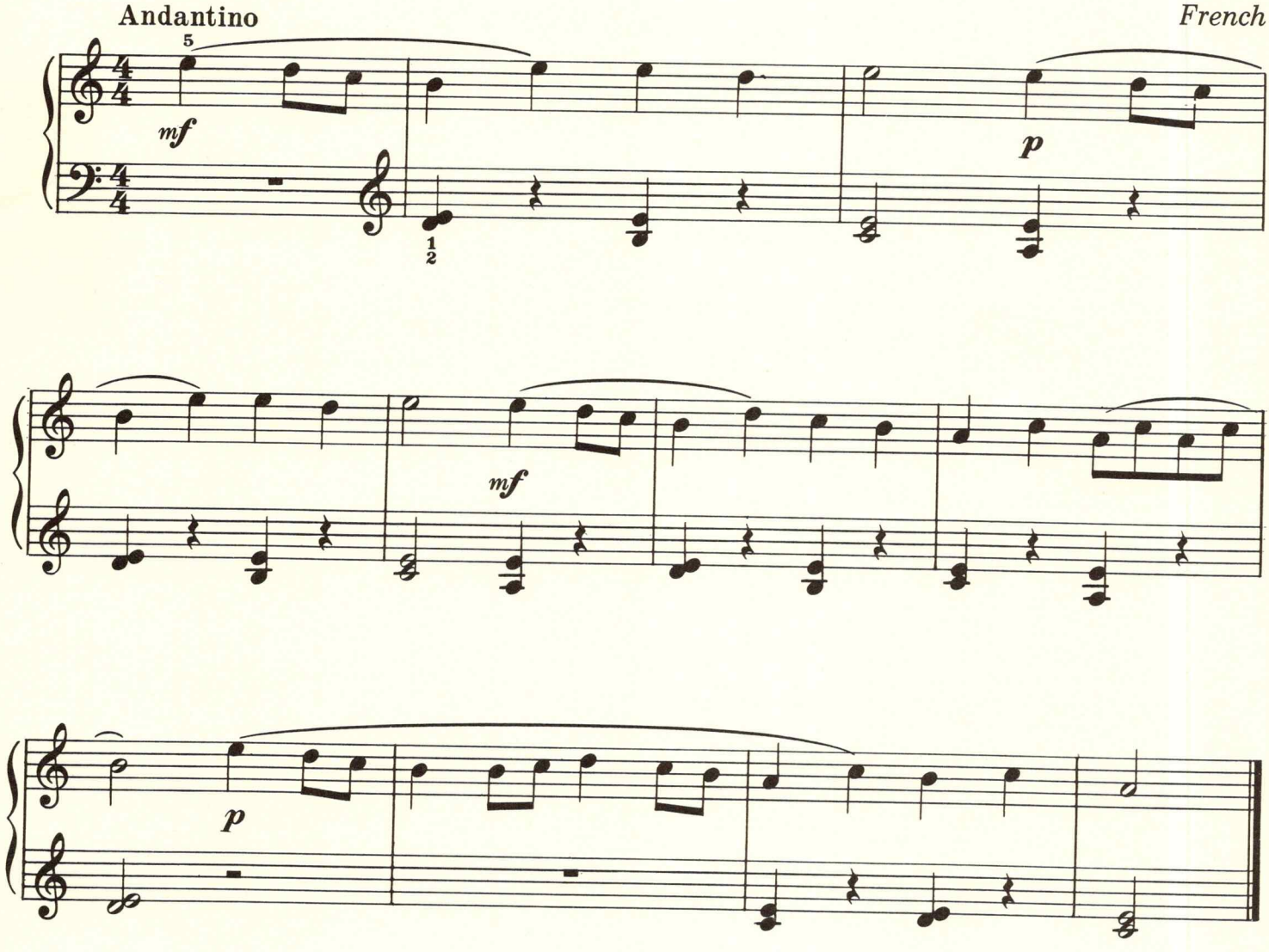


17 The Thrush Sings

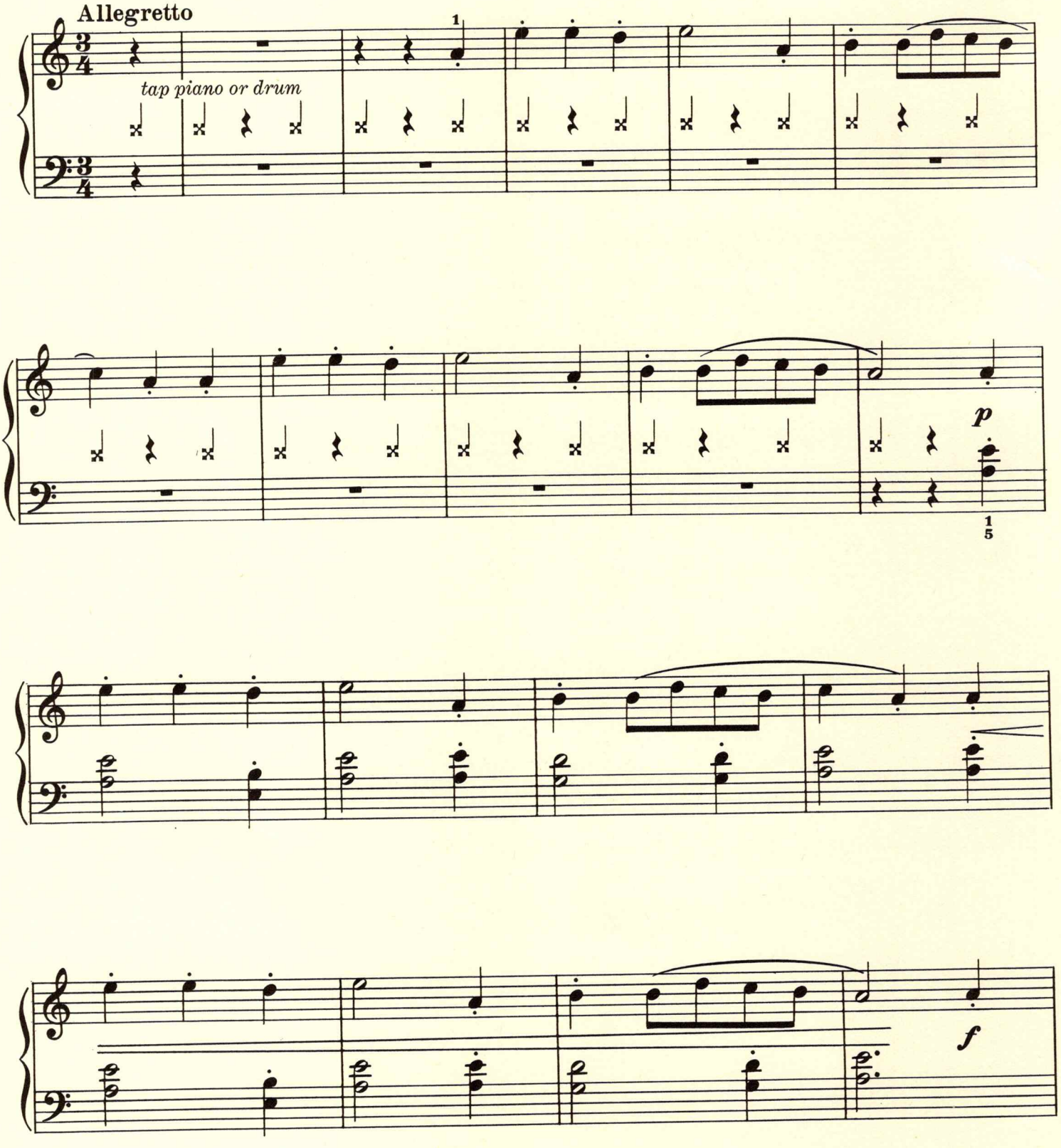
Spanish

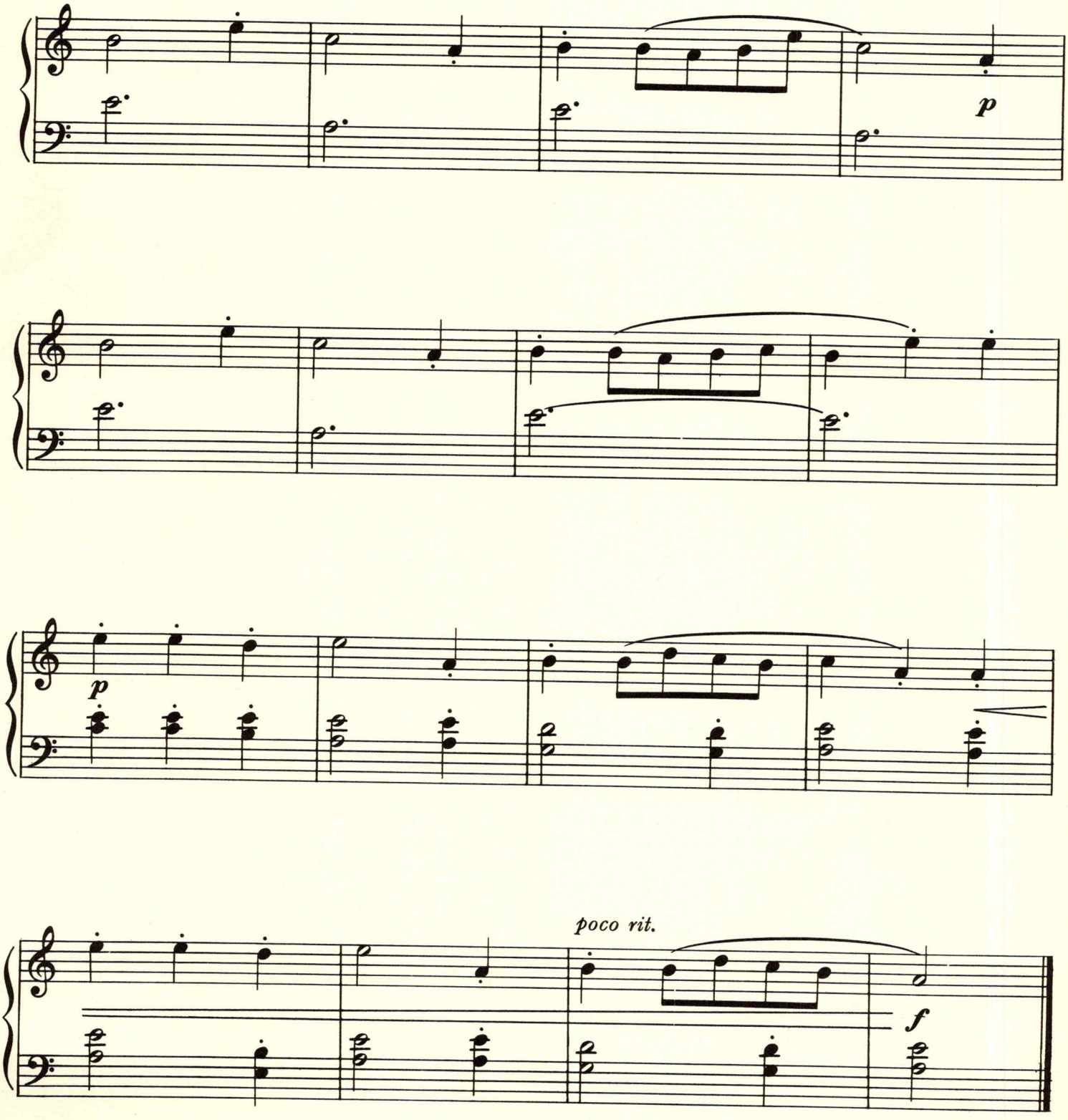


18 QUAND LE BERGÈRE



19 Old French Song

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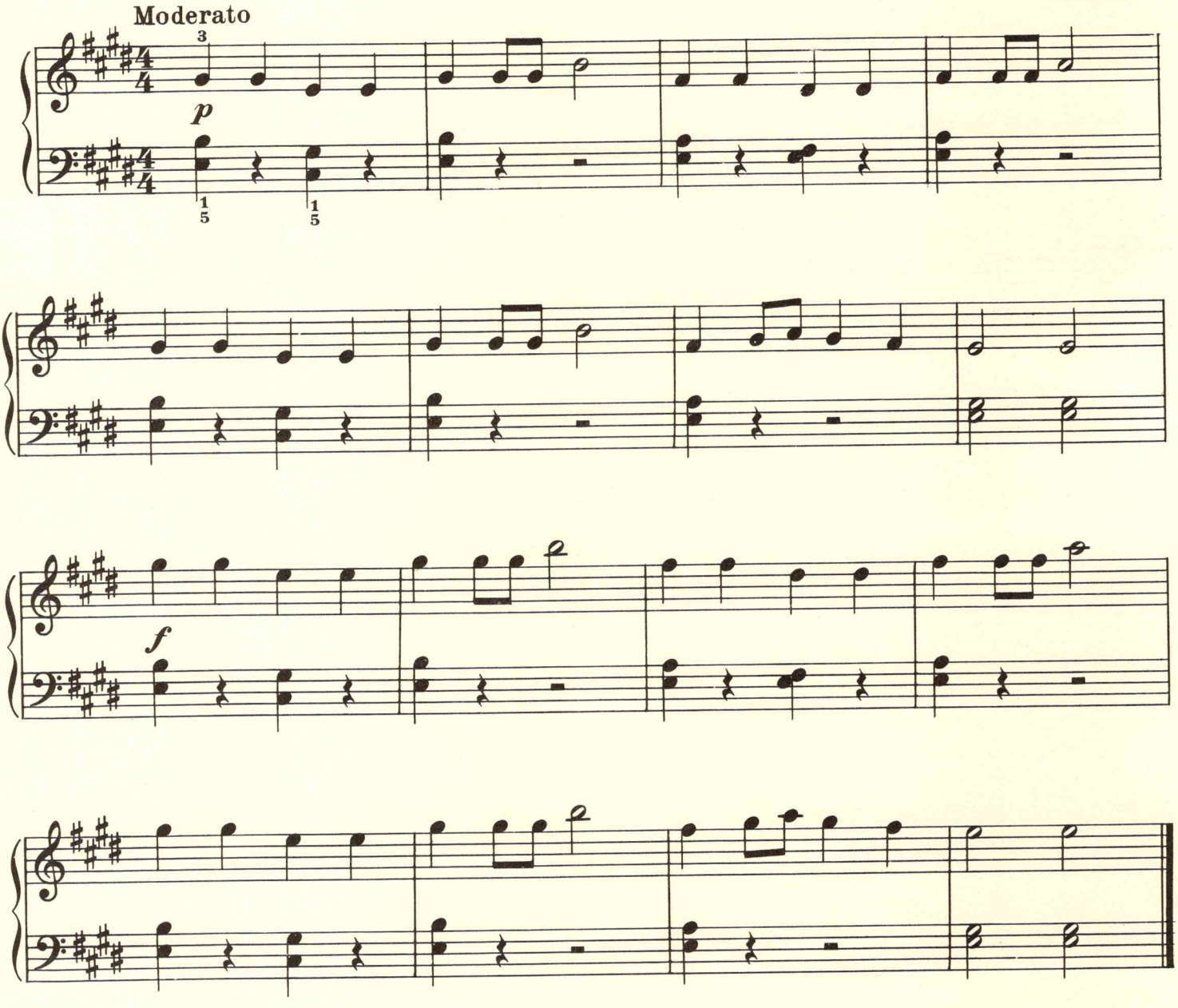
20 Skip to My Lou

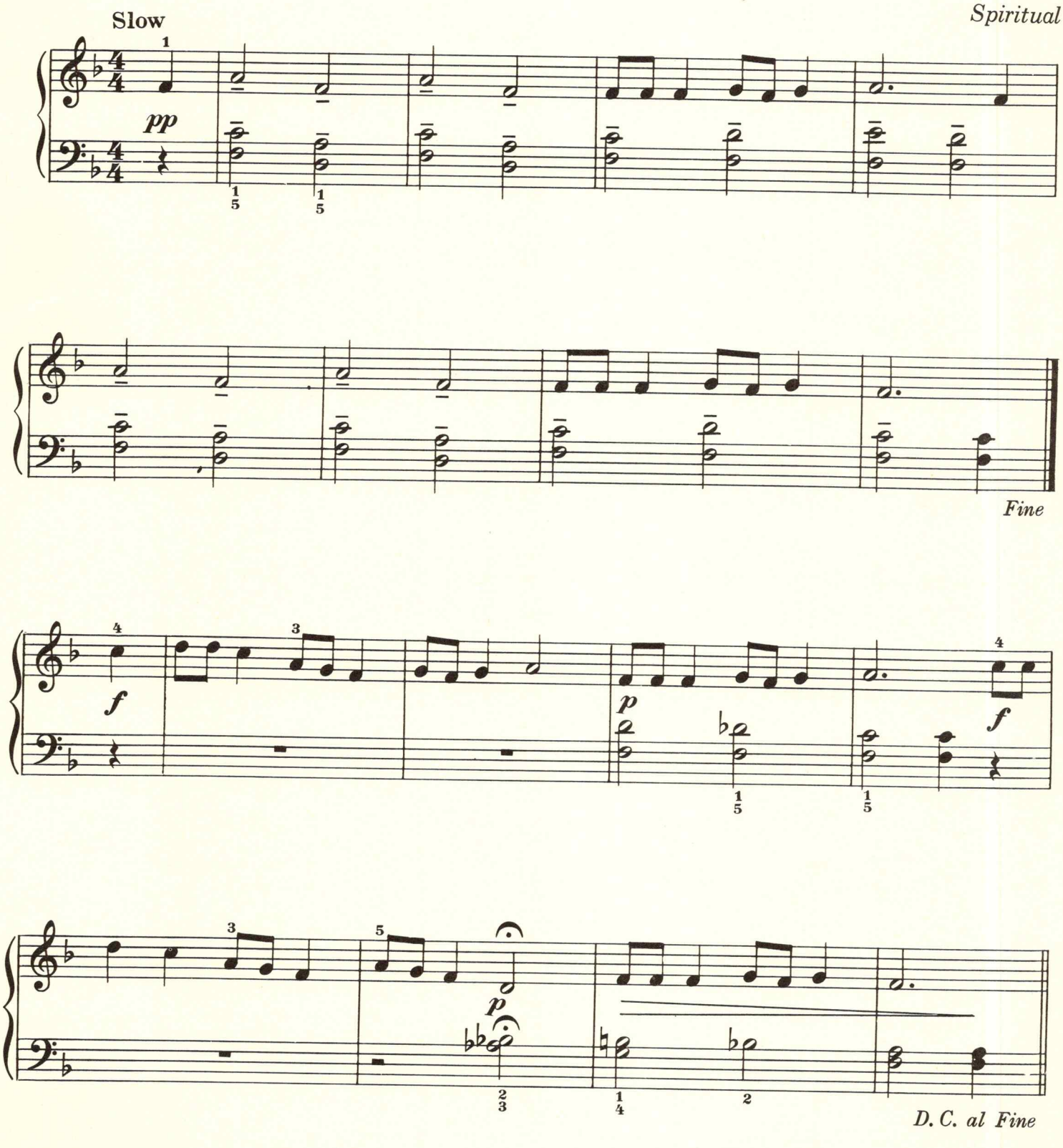
American



Lou, Lou, skip to my Lou,
Lou, Lou, skip to my Lou,
Lou, Lou, skip to my Lou,
Skip to my Lou, my darling.

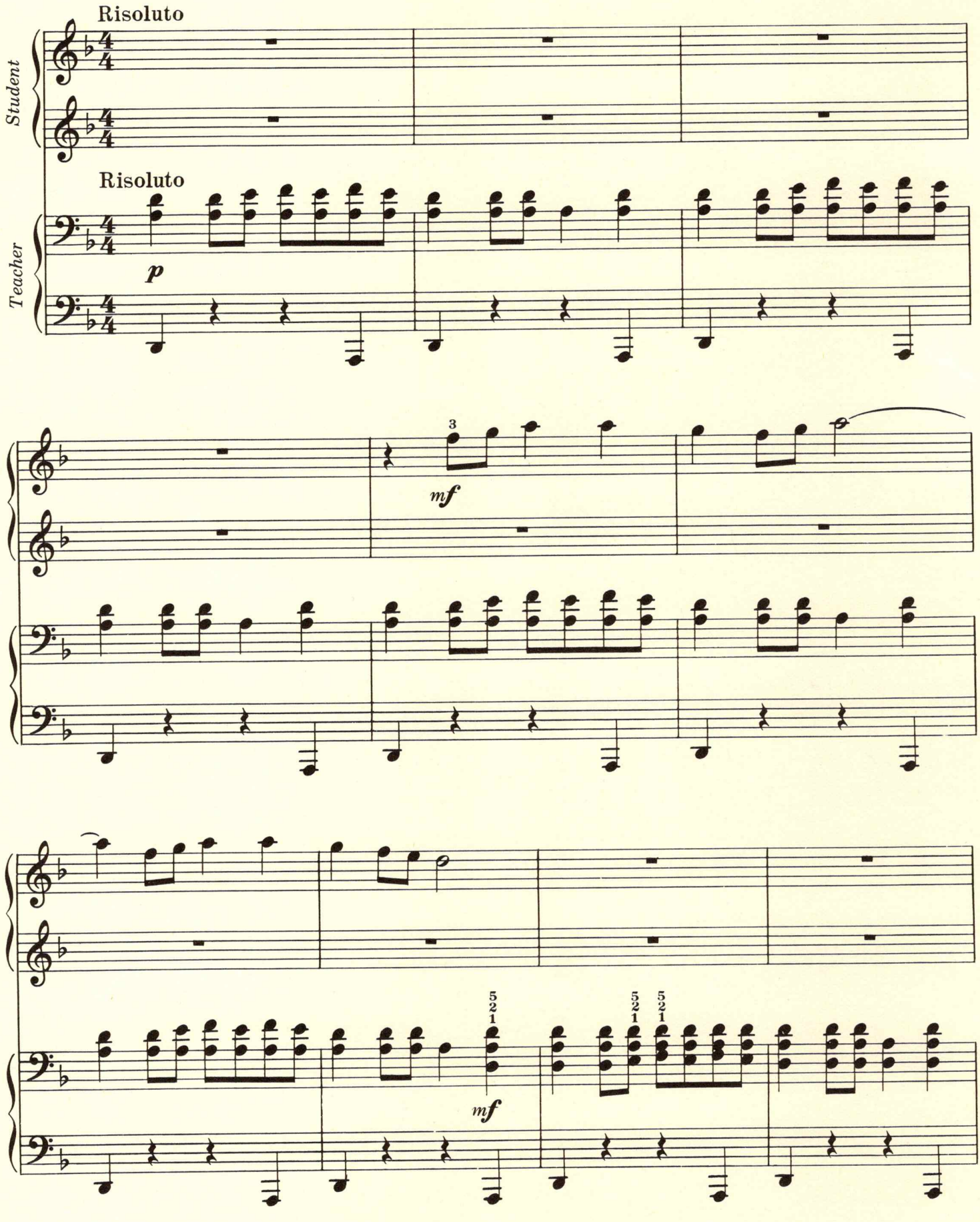
Lost my partner, what'll I do?
Lost my partner, what'll I do?
Lost my partner, what'll I do?
Skip to my Lou, my darling.

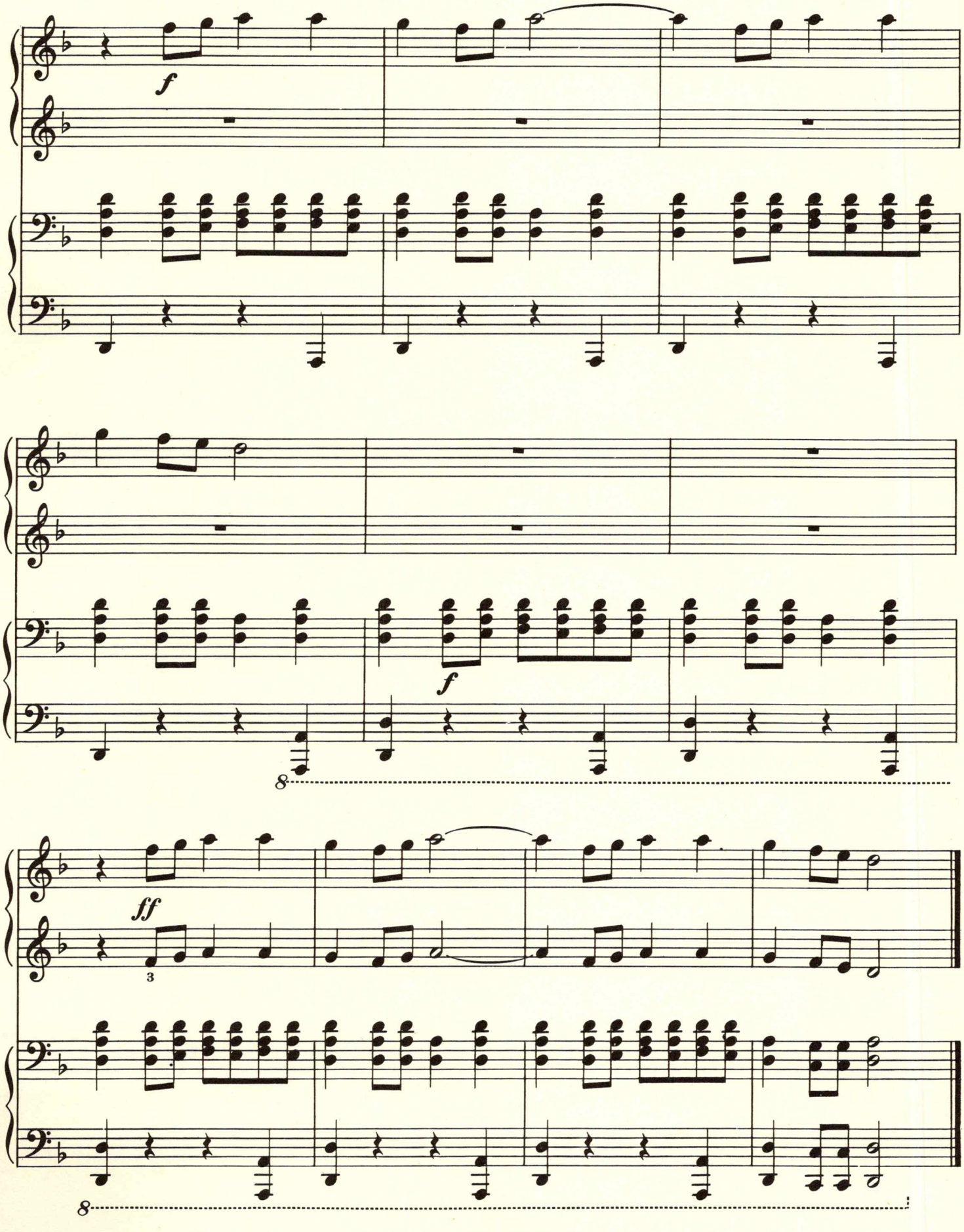
21 TRAMPIN'



22 Zum Gali Gali

Israeli

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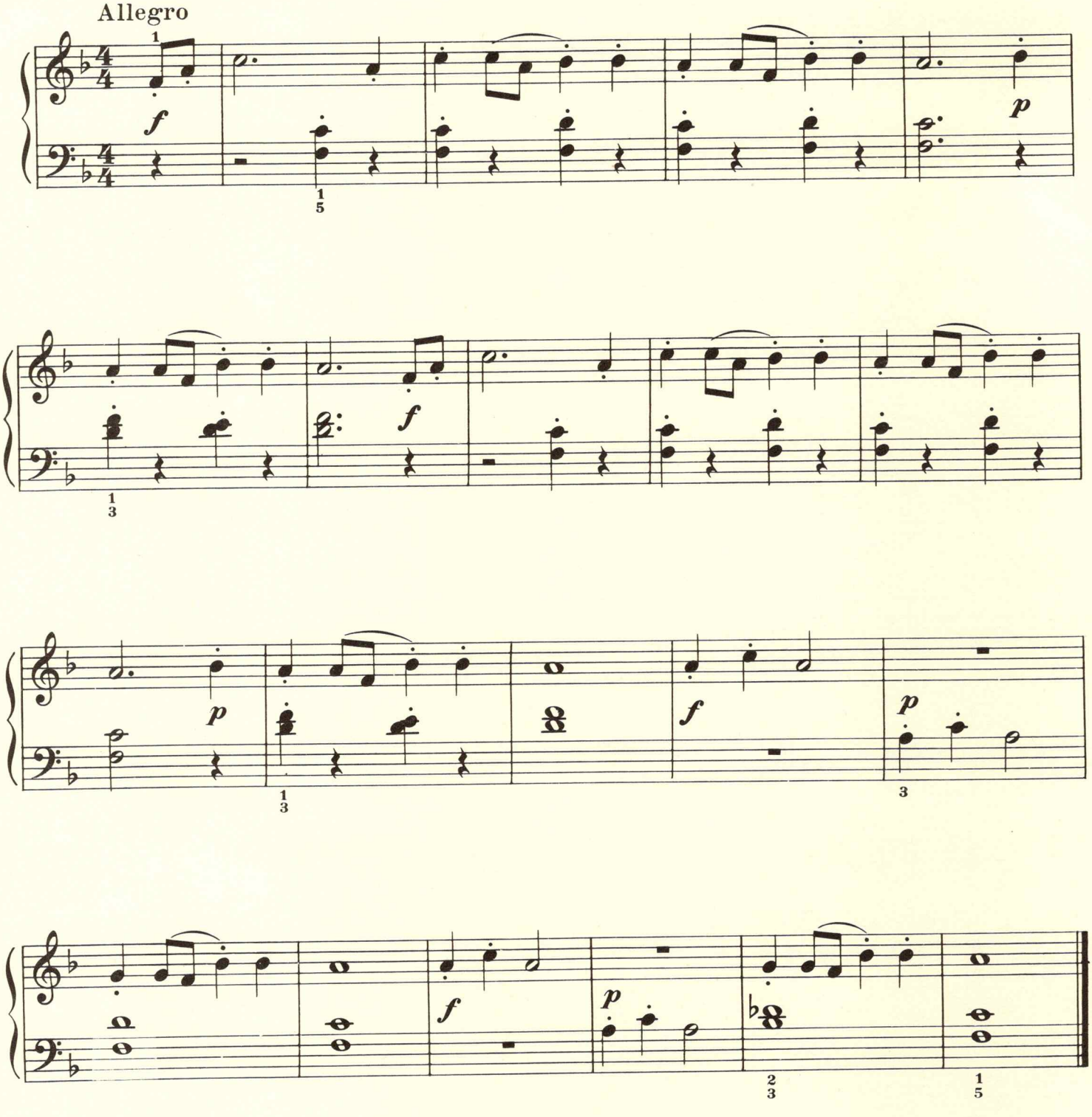
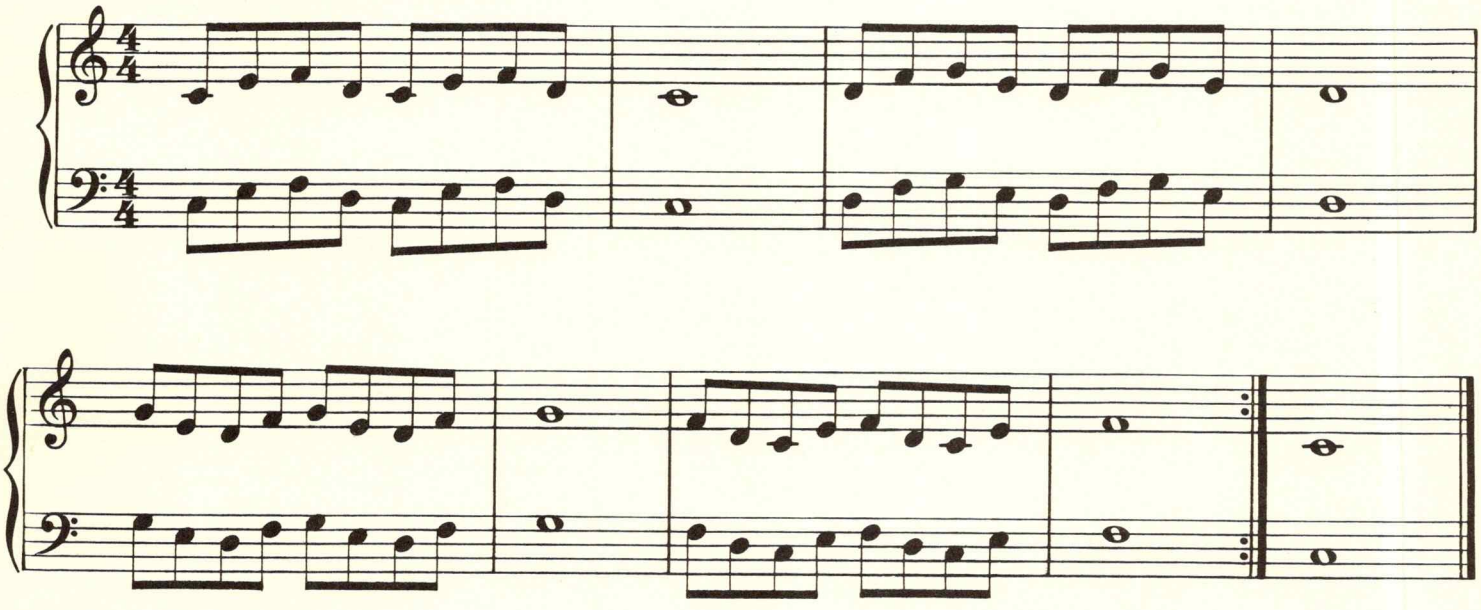
23 Yemenite Dance



EXERCISES

1

(Hands alone and together)



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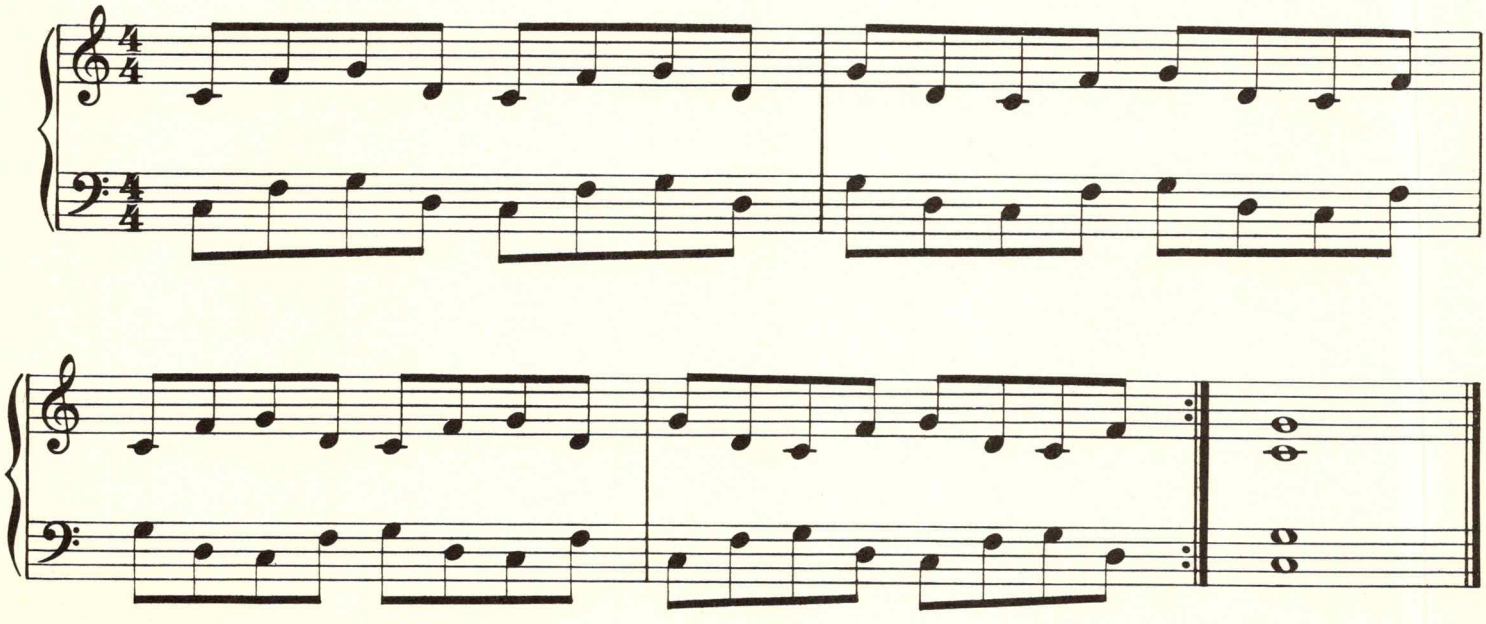

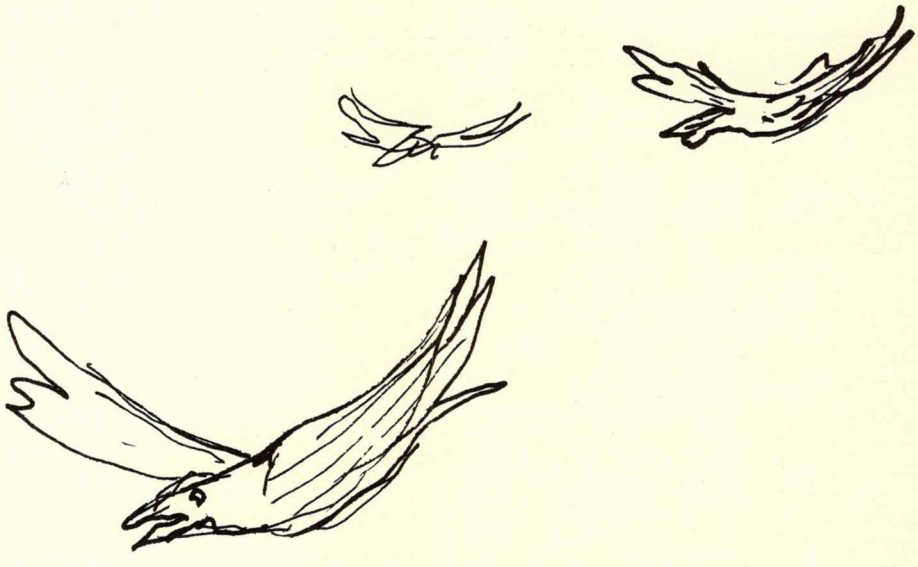

BOOK 2

Units 3 and 4

BOOK 3

Units 5 and 6

SOUNDS and SHAPES

by Paul Sheftel

The James Wilsons

THE INTERNATIONAL LIBRARY OF PIANO MUSIC

Book 3

Units 5 and 6

SOUNDS and SHAPES

by Paul Sheftel

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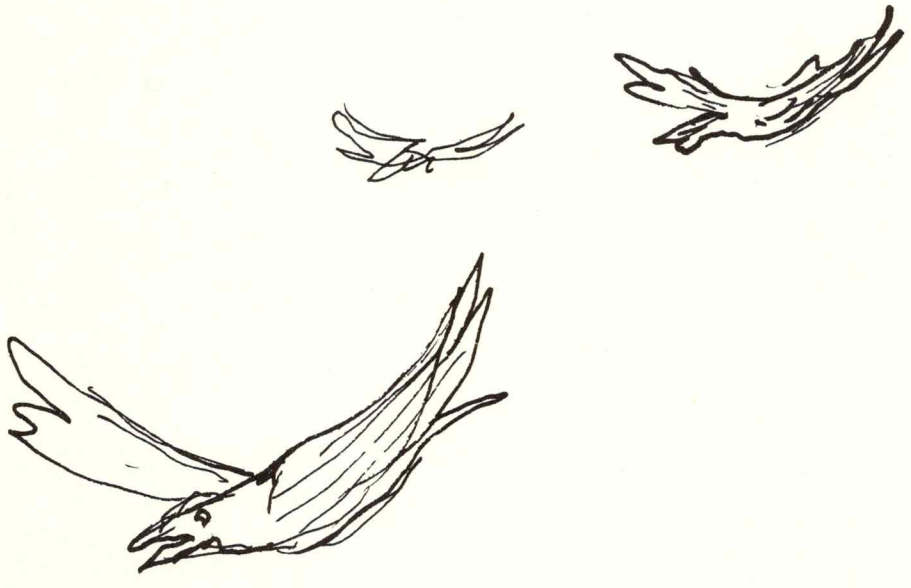
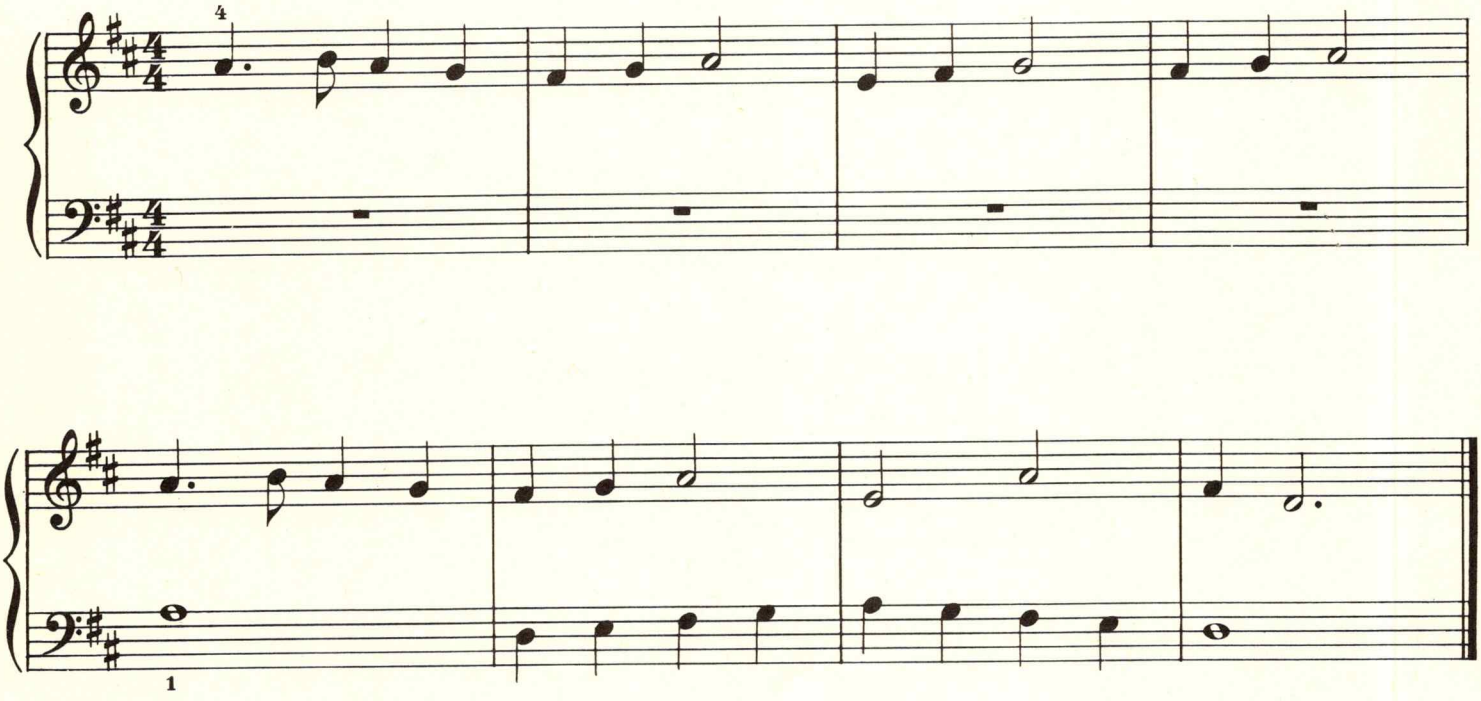


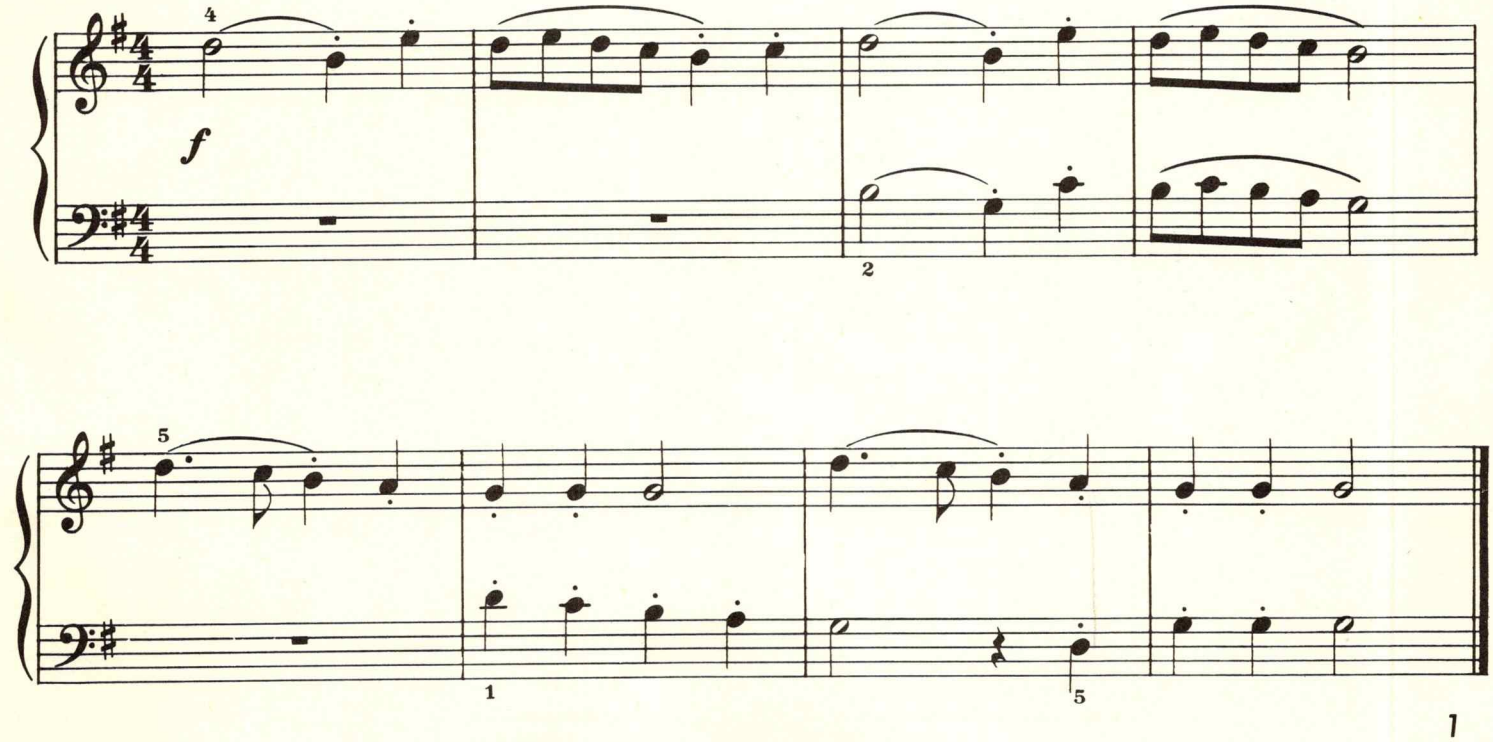
Good Night Ladies

1 London Bridge

English

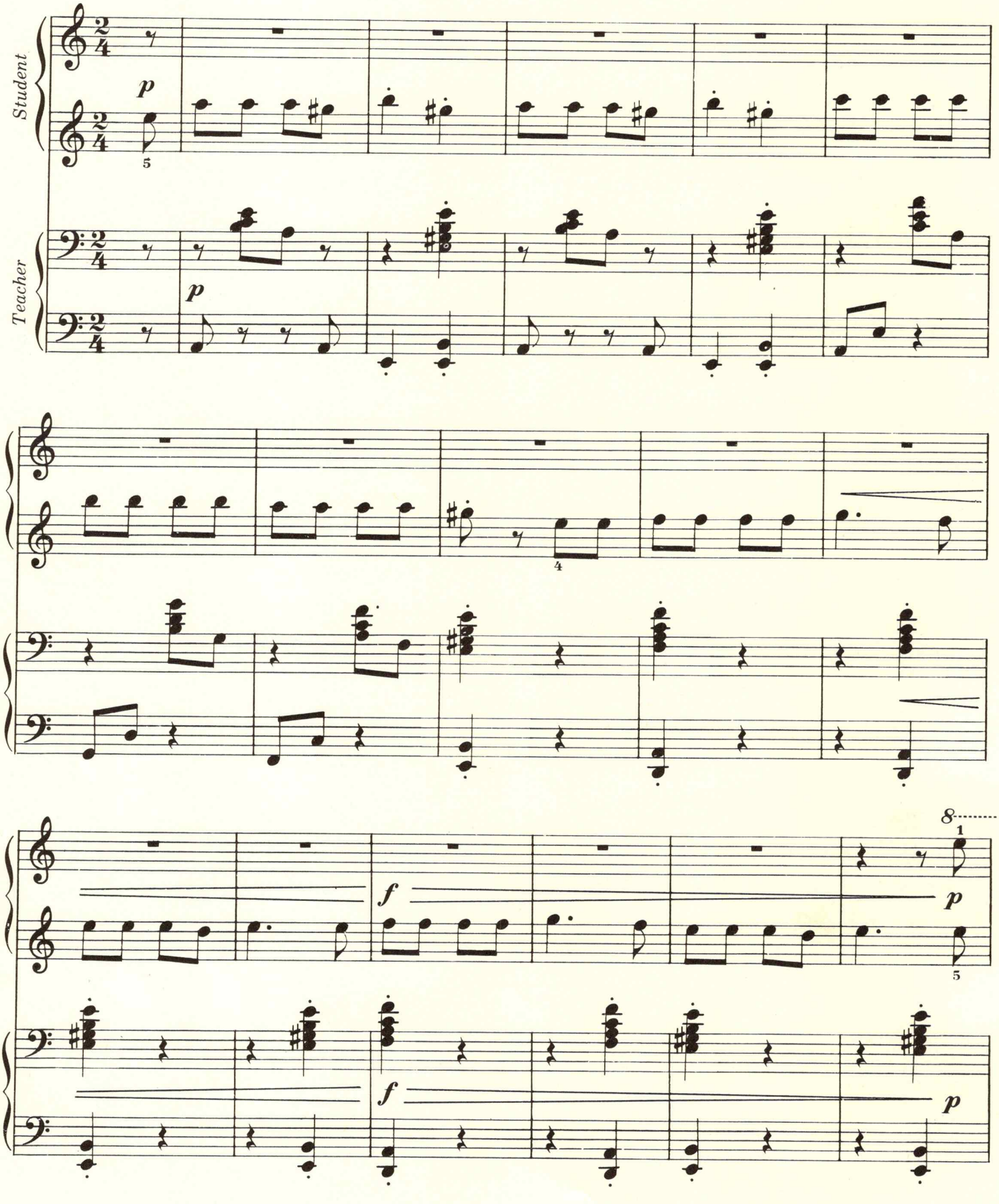


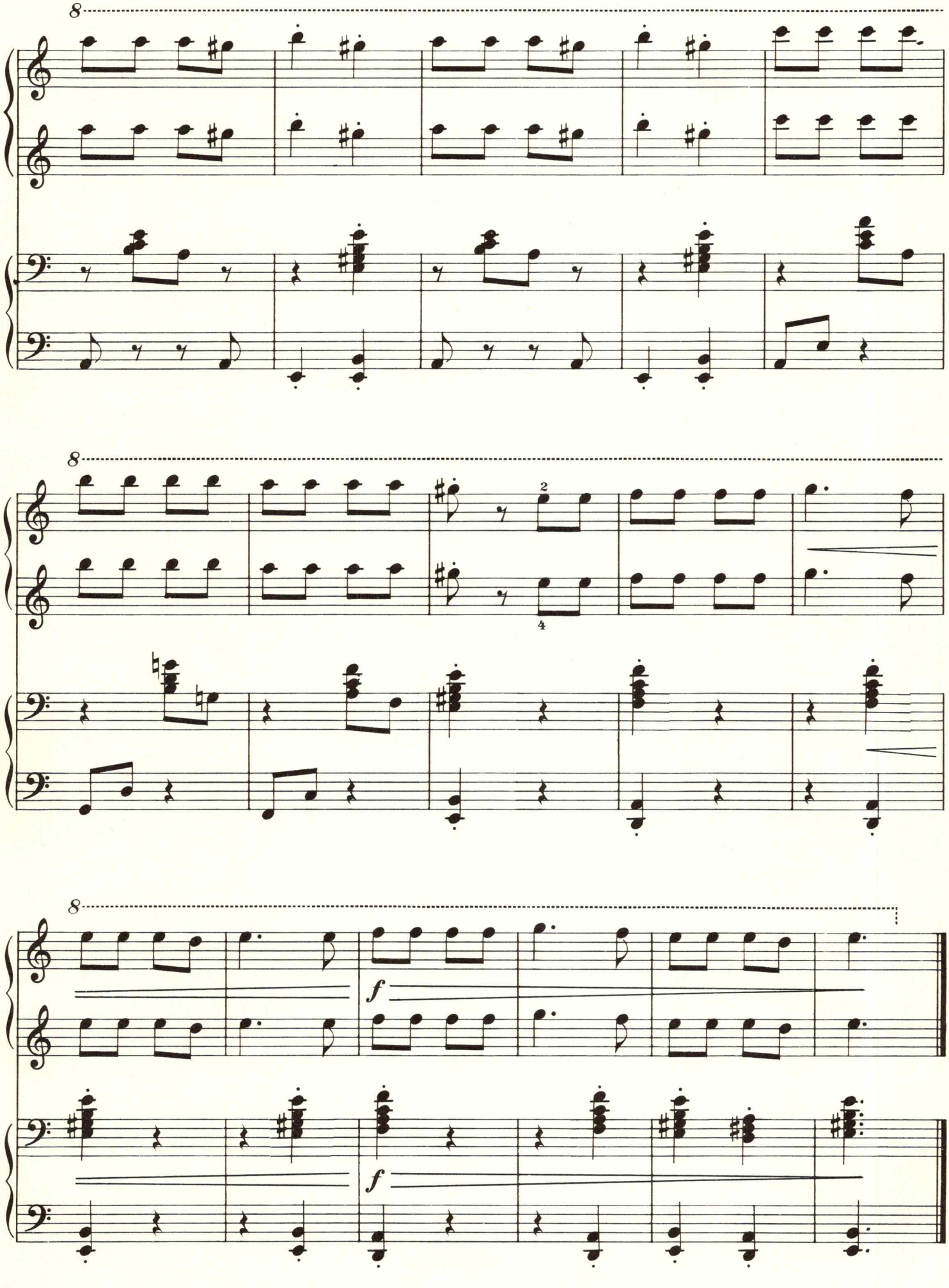
2 Russian Song



3 Little Burro

Argentinian

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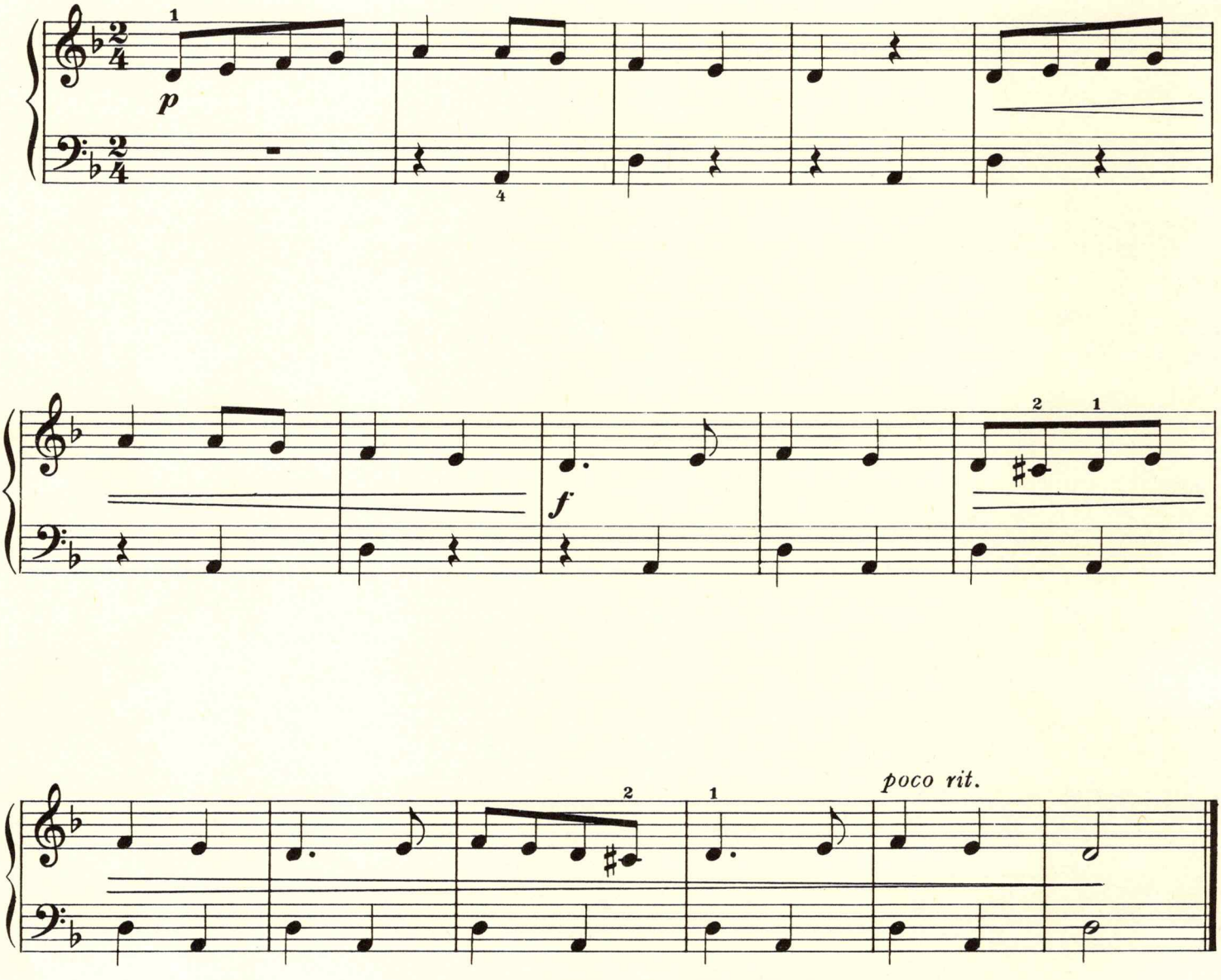
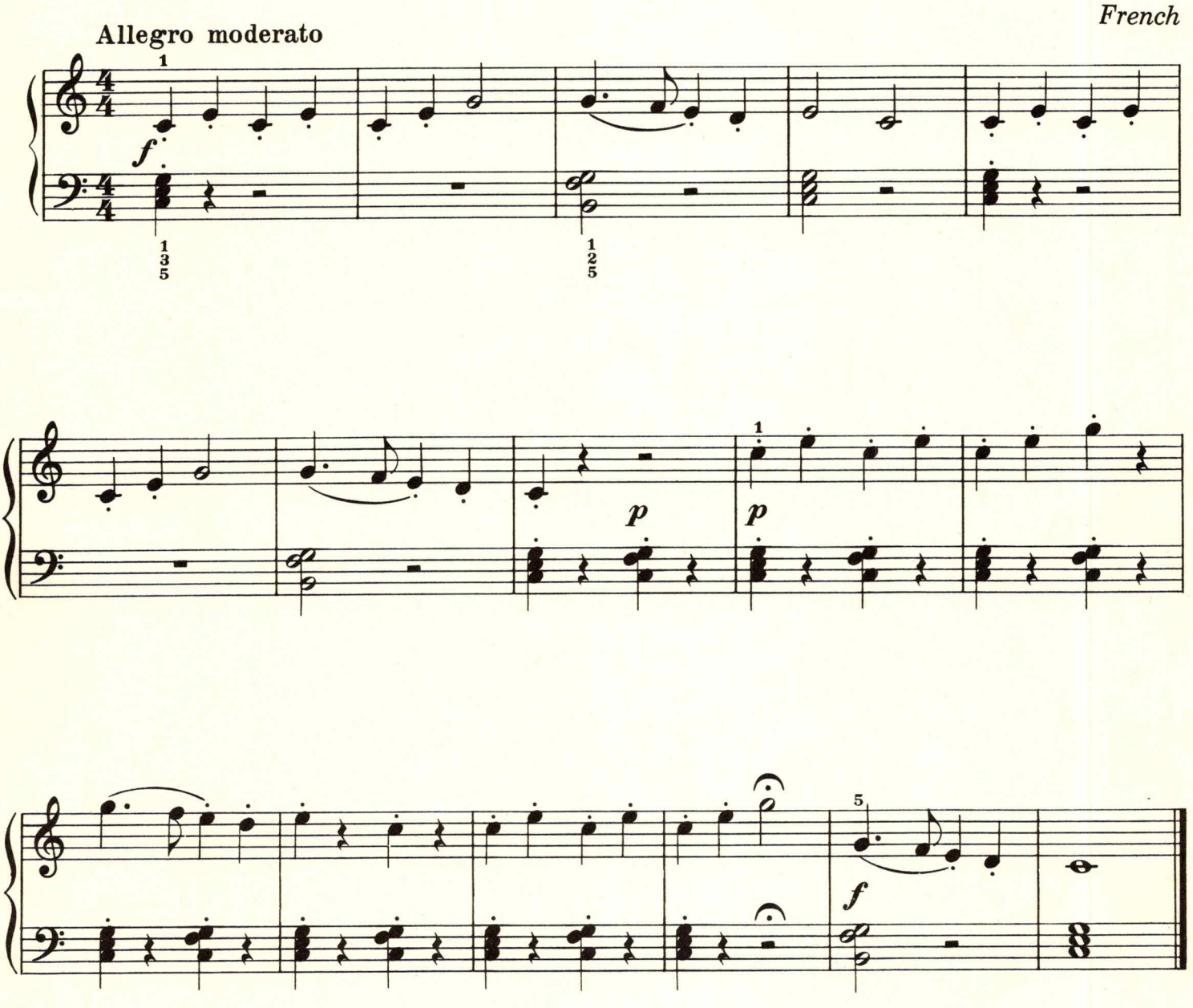
4 Hebrew Dance

Israeli



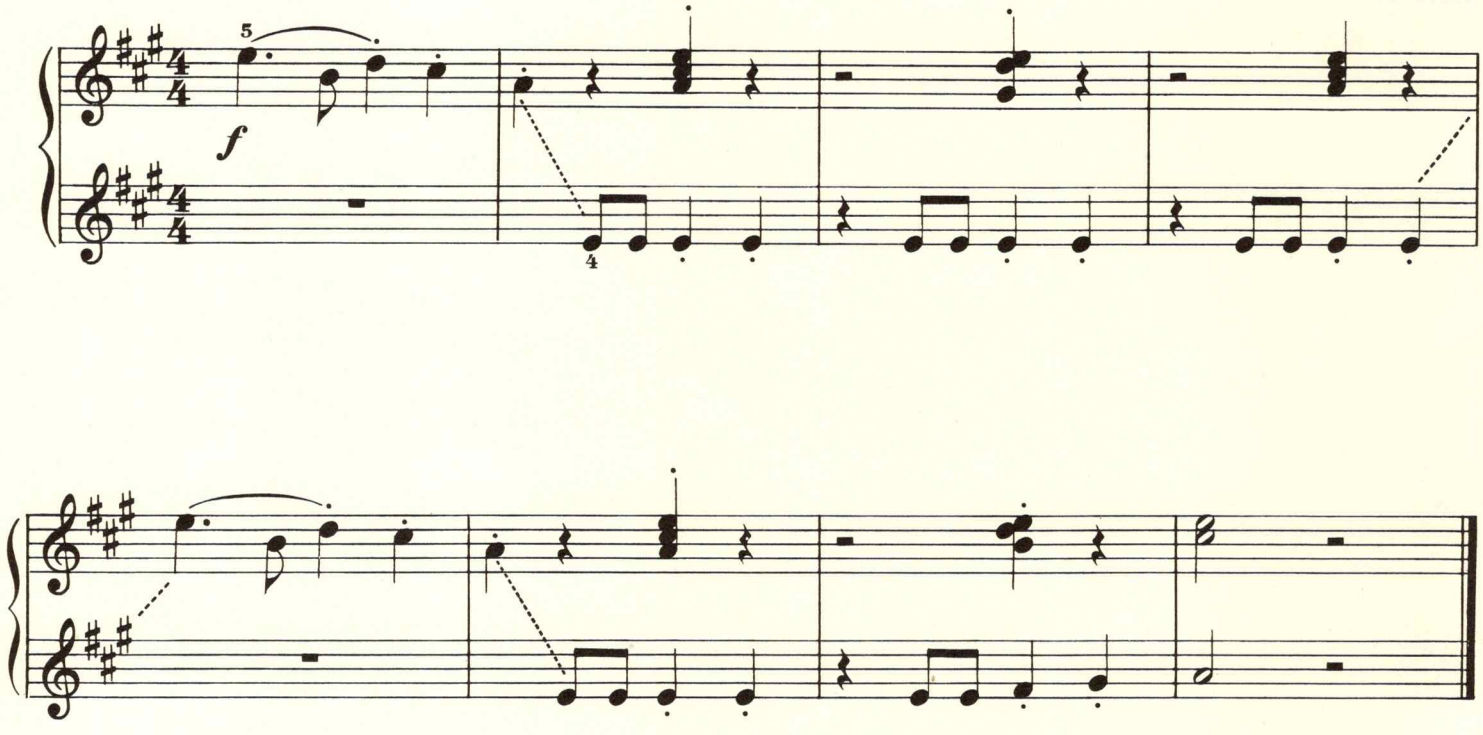
5 Il était un avocat

French



6 Baked Potato

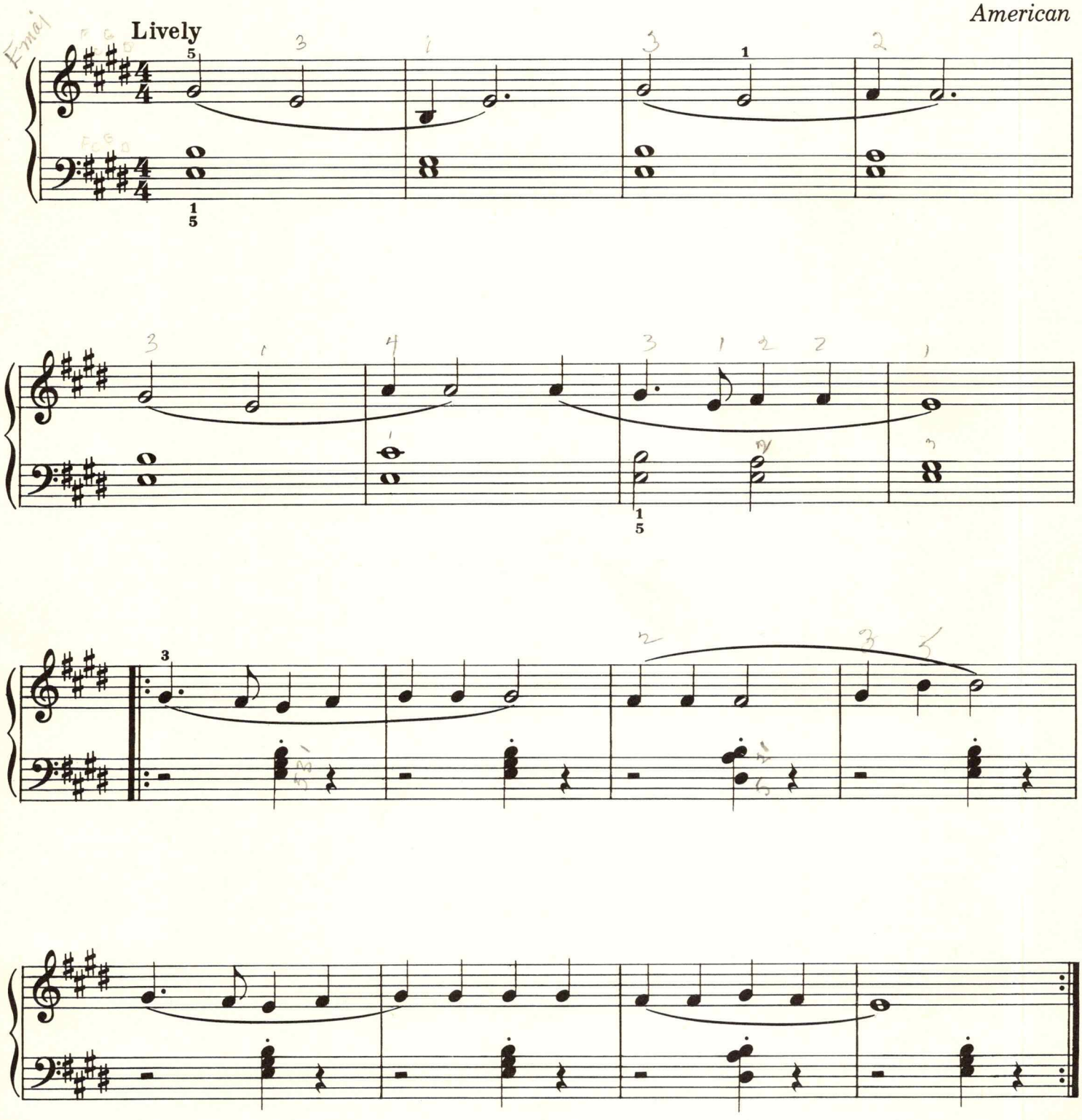
American



Come and get your hot baked potato,
Baked potato, baked potato.
You should eat it hot,
Baked potato.
Just be sure it's hot.

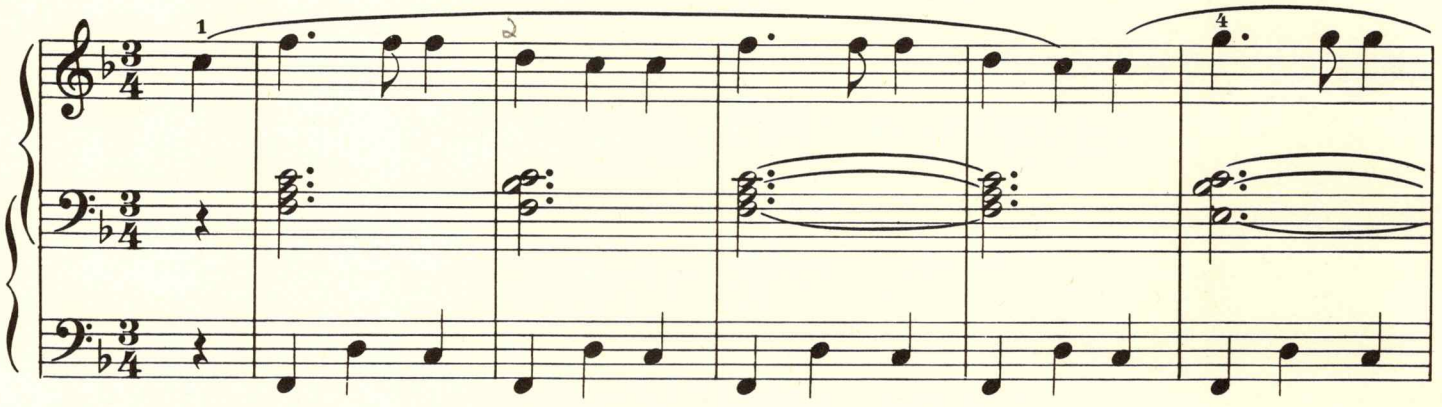
7 Good Night, Ladies

American

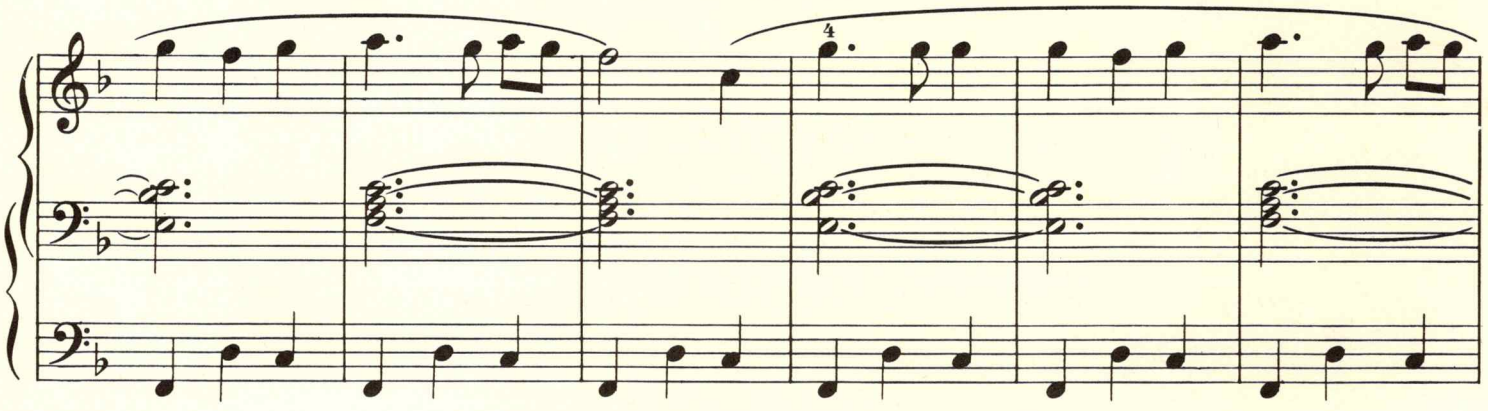


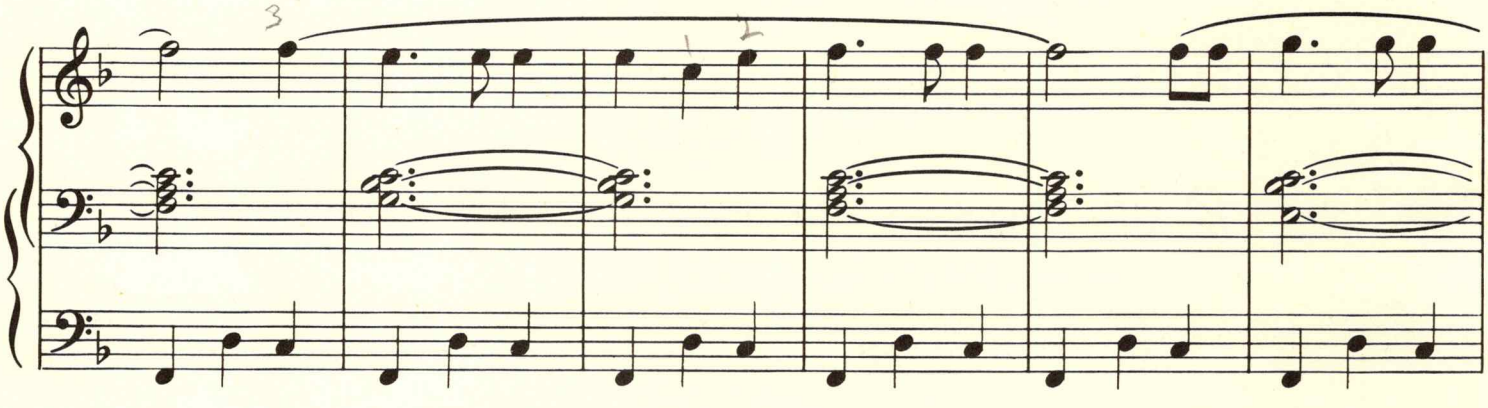
8 I Ride an Old Paint

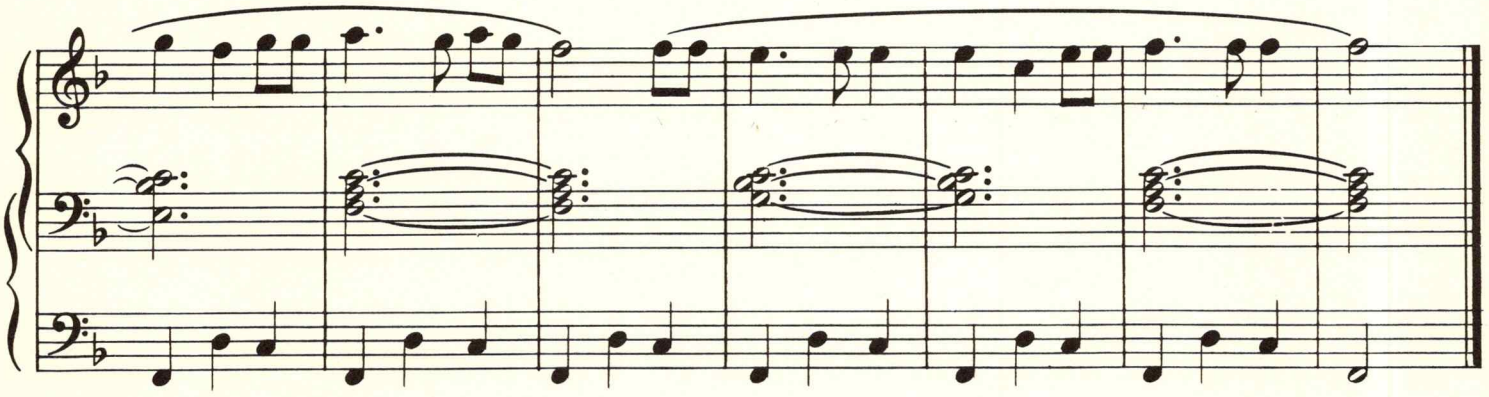
Cowboy Song



Student chooses one bass staff; teacher plays the other.



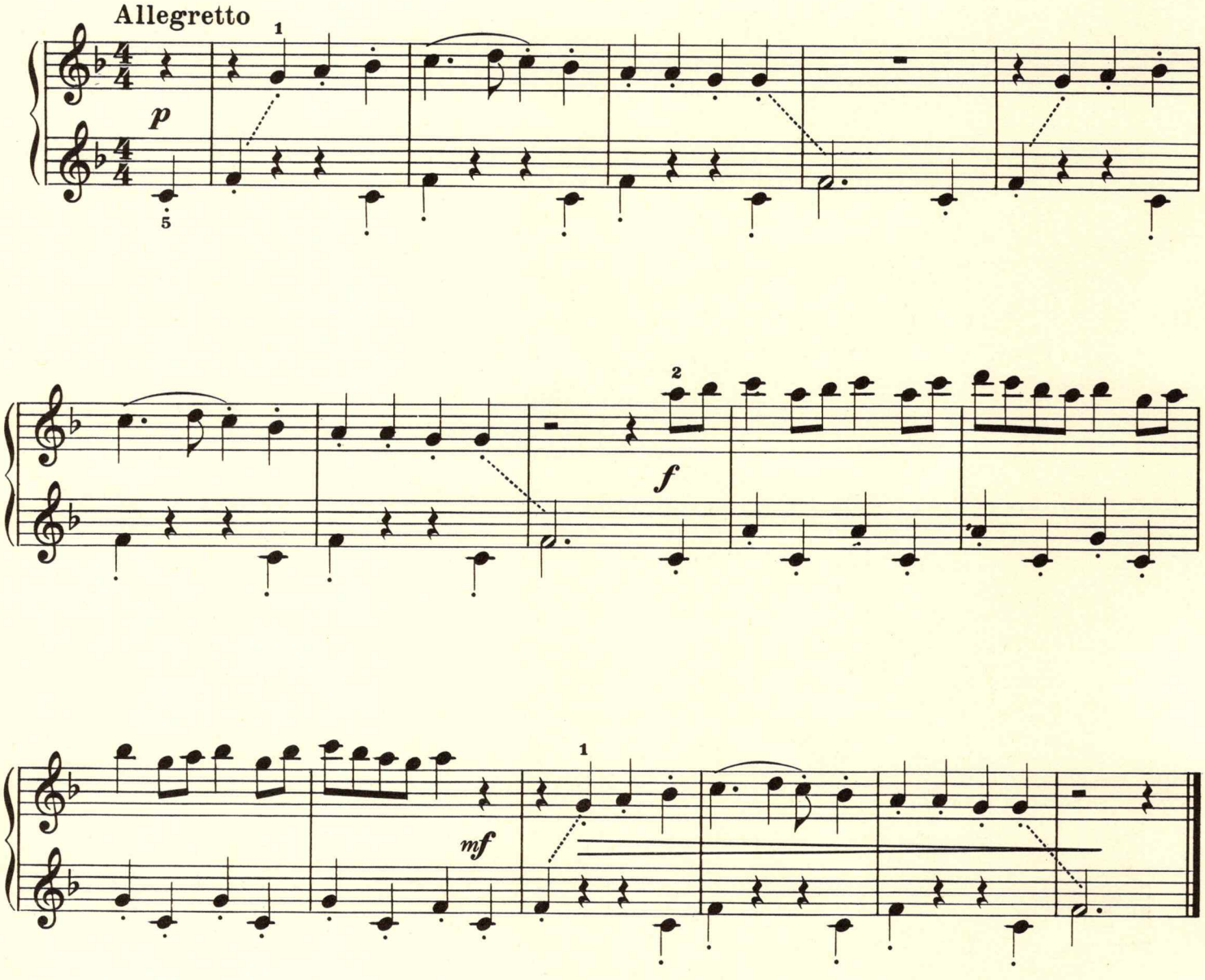




I ride an old Paint, I lead an old Dan,
I'm goin' to Montan,' for to throw the hoolian,
They feed in the coulees, they water in the draw,
Their tails are all matted, their backs are all raw.

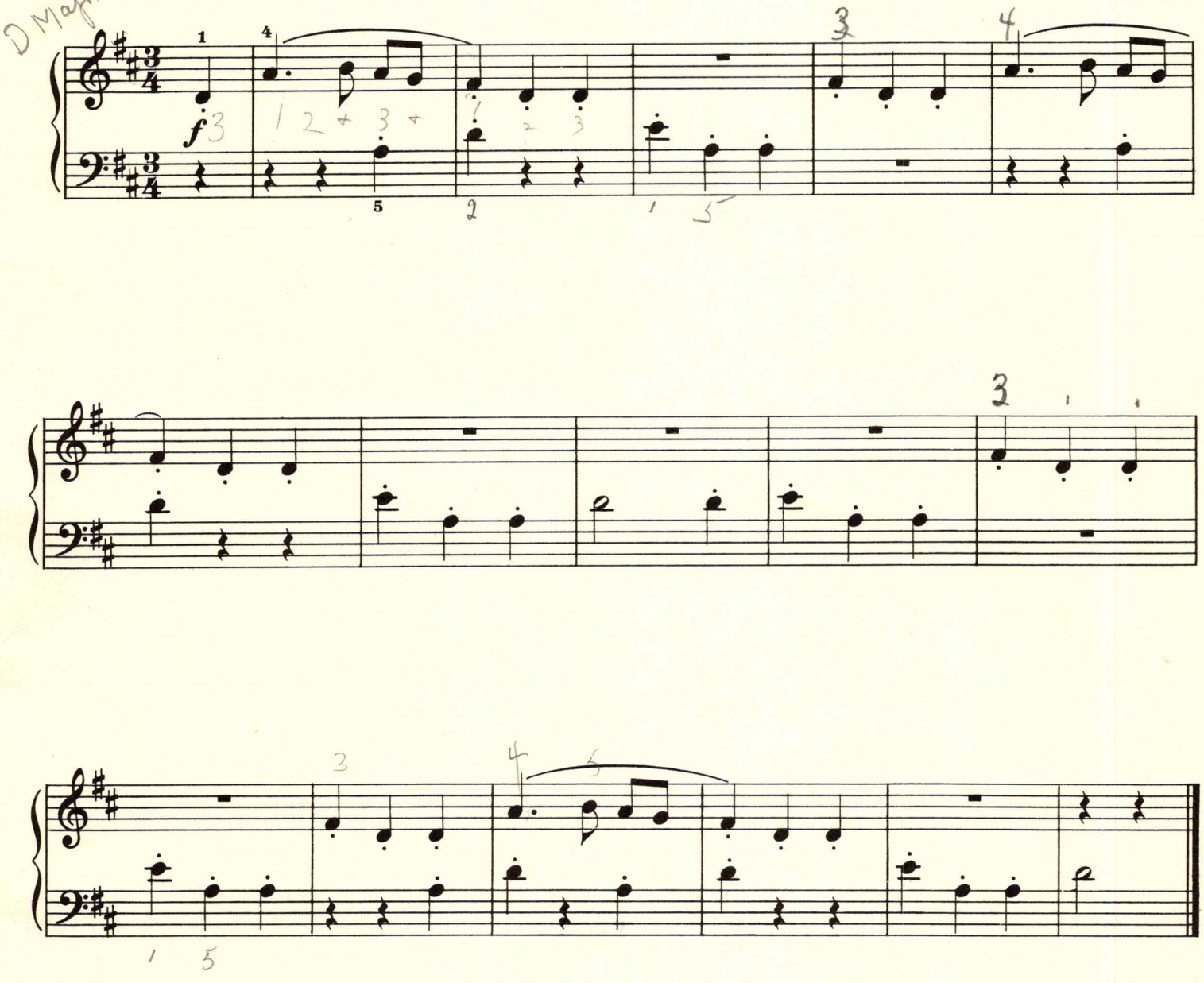
Ride around, little dogies, ride around them slow,
For the fiery and the snuffy are a-rarin' to go.

9 Dutch Folk Song

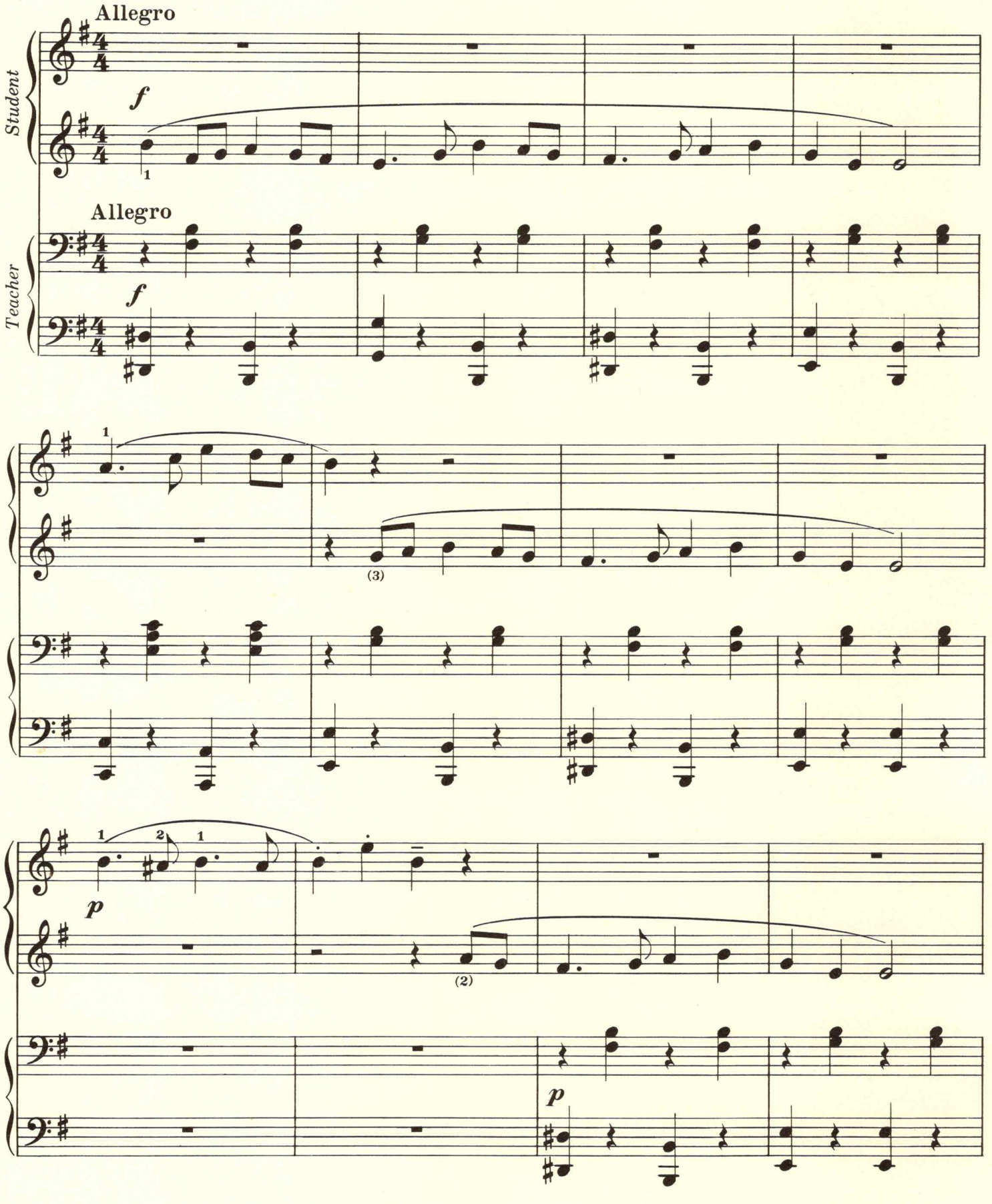


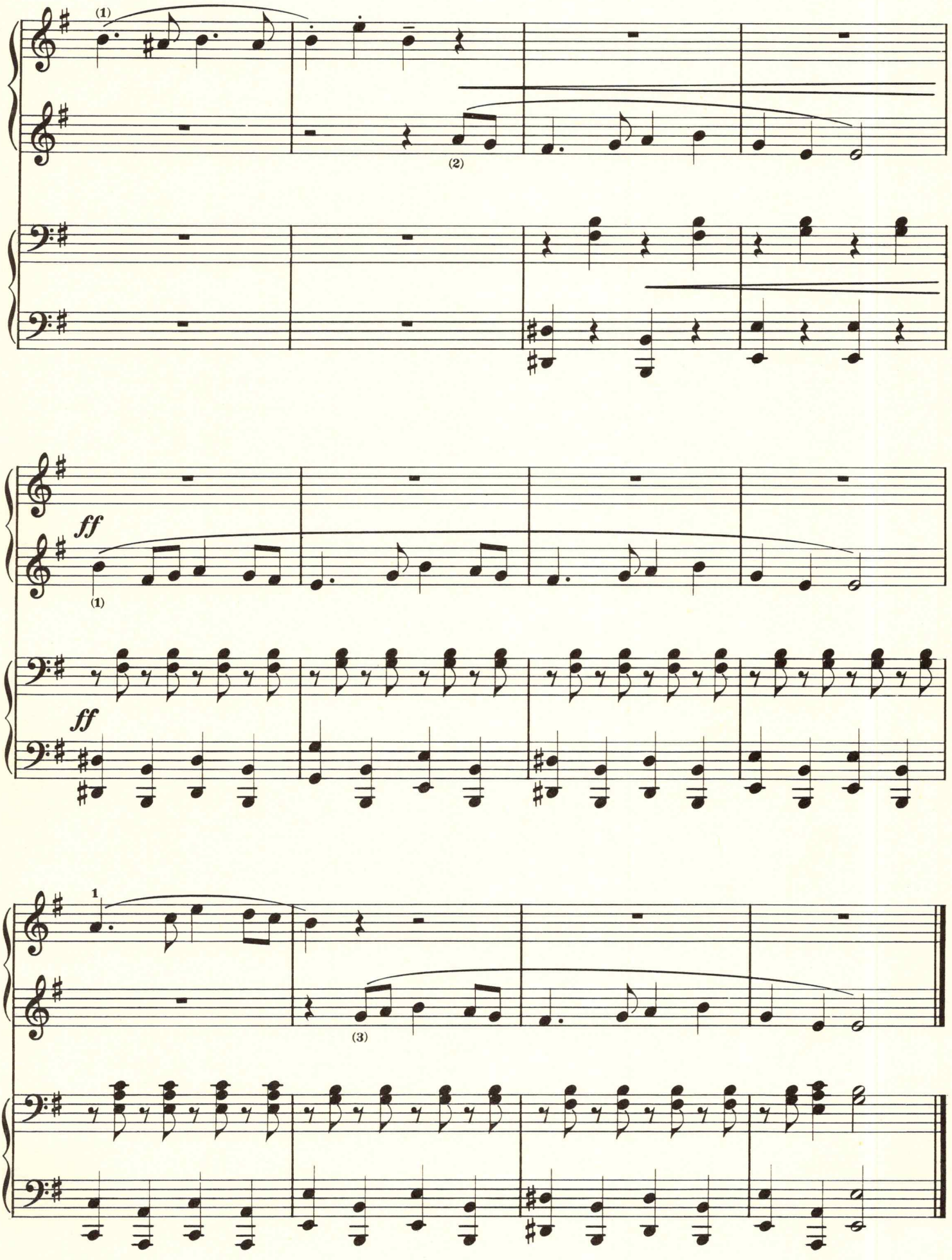
10 Ach, du lieber Augustin

German



11 Ukrainian Dance




(1)
(2)
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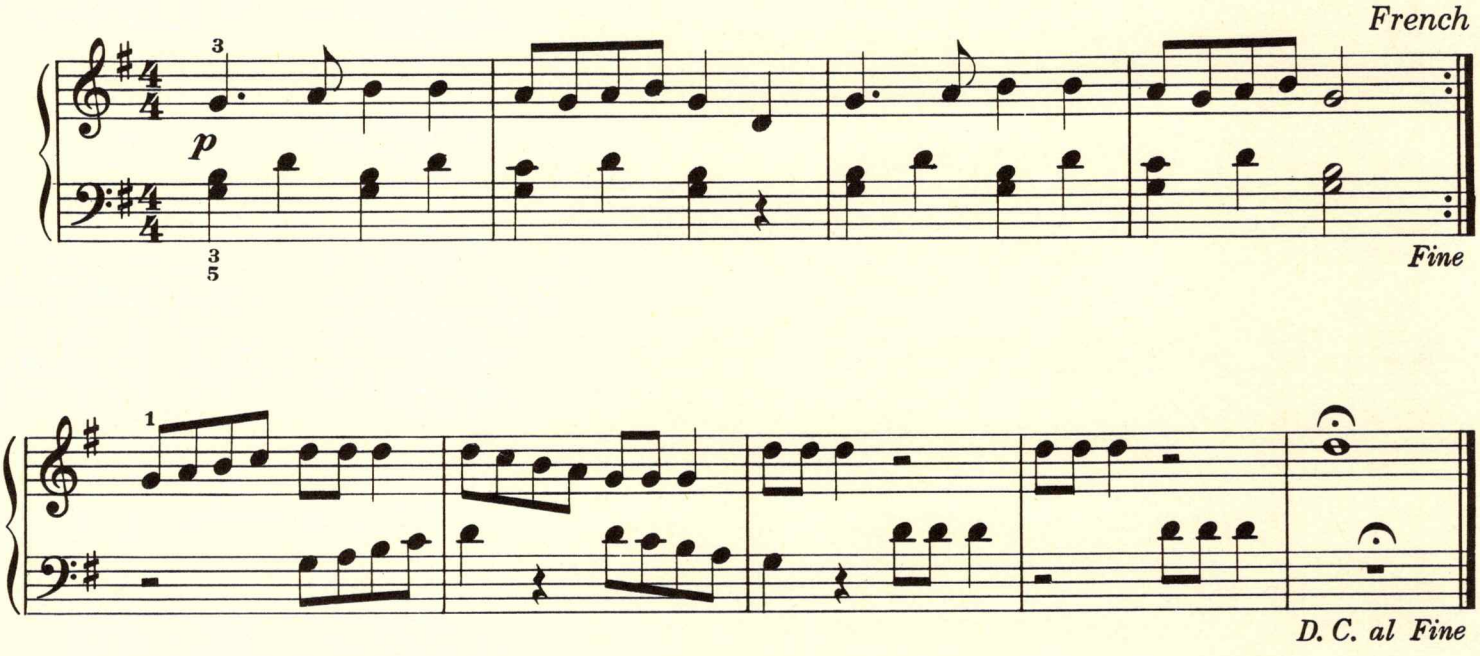
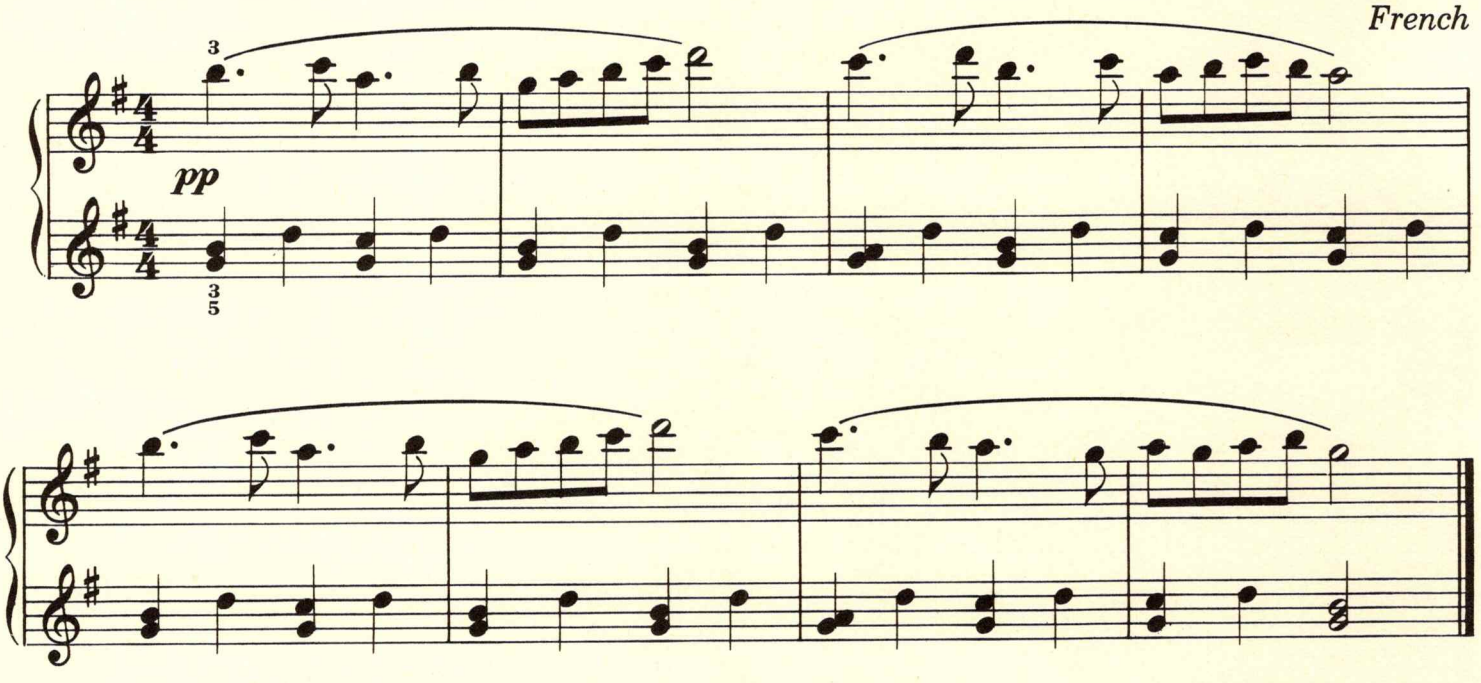
(3)

12 Alouette

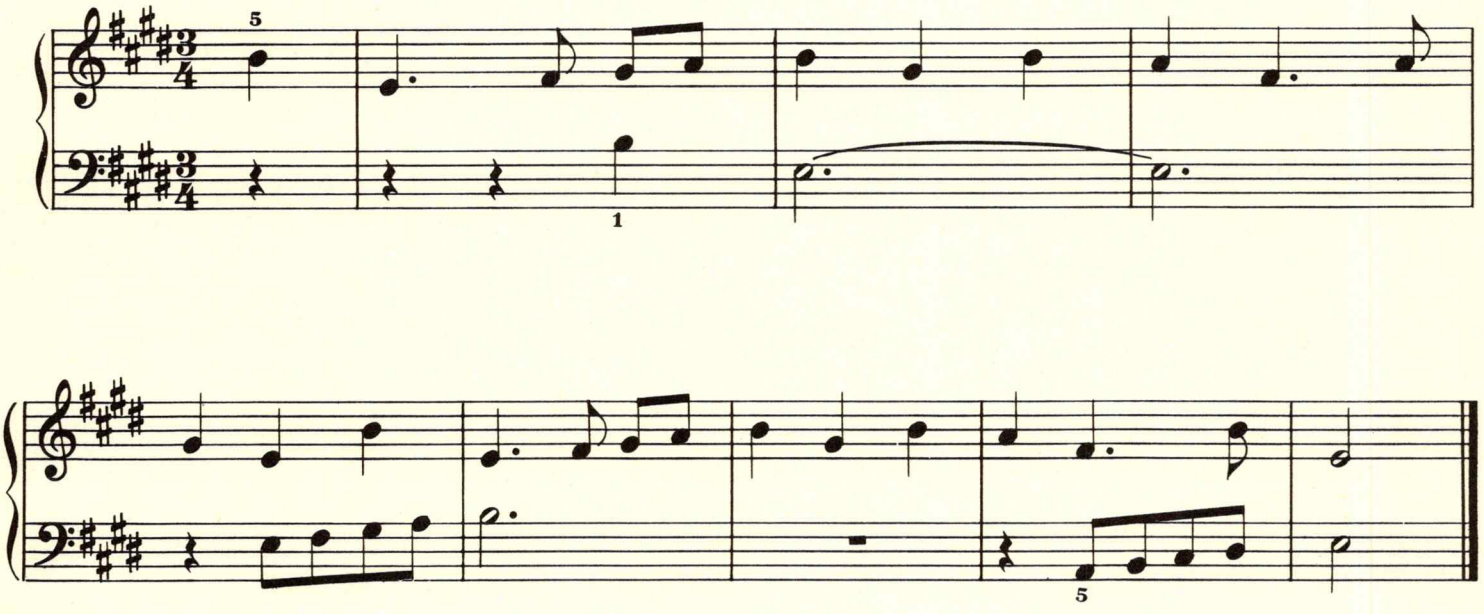


13 Evening Song



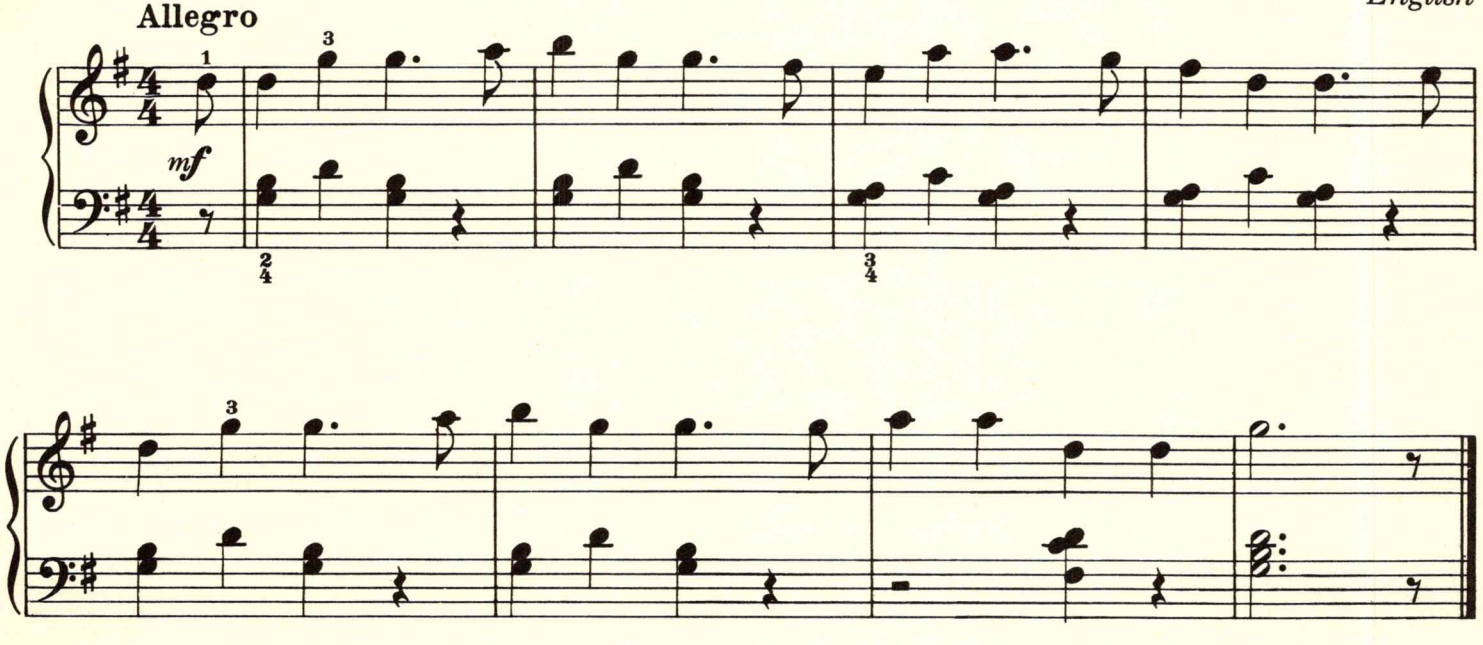
14 Green Meadow

English

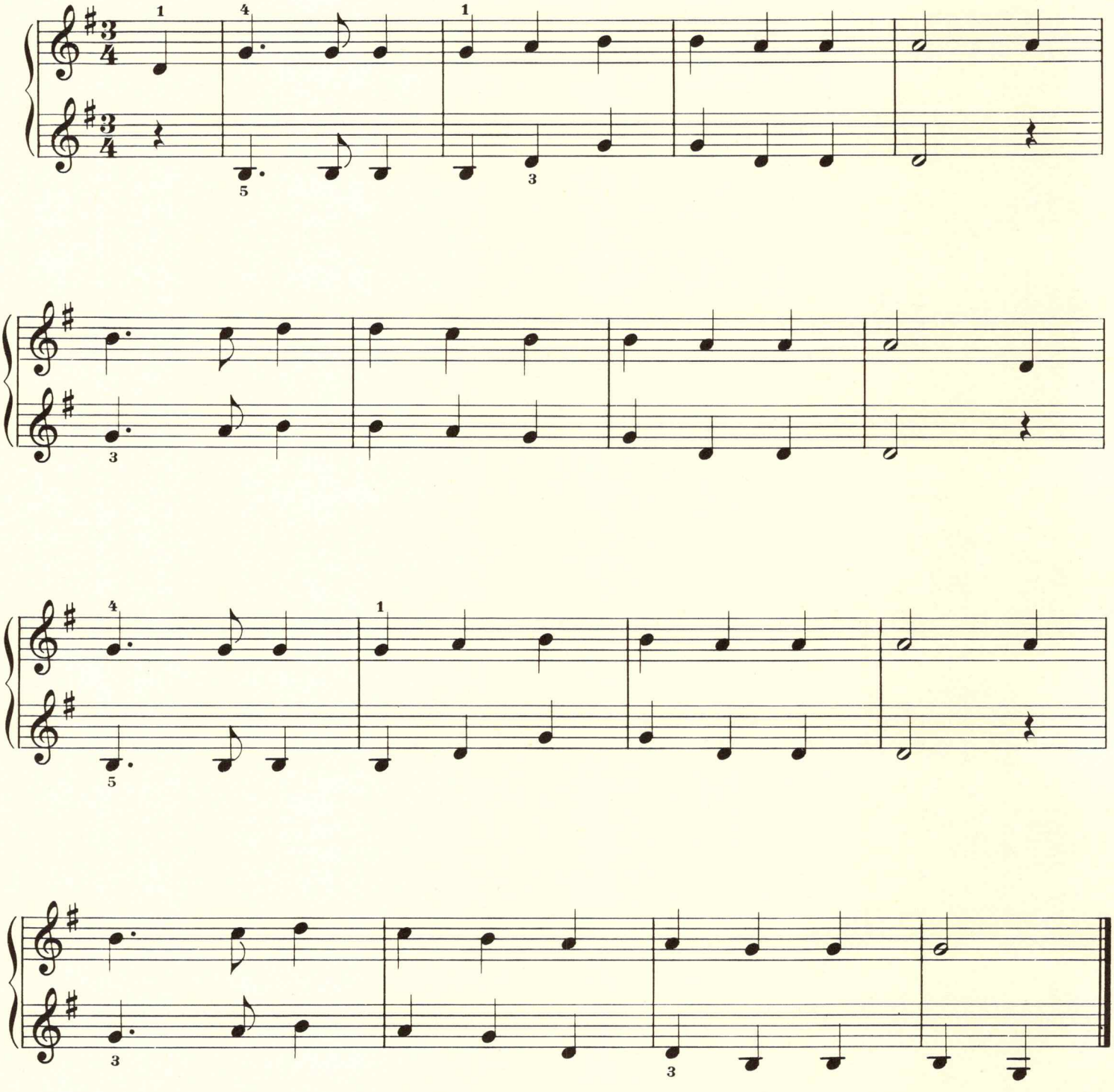


15 The Muffin Man

English

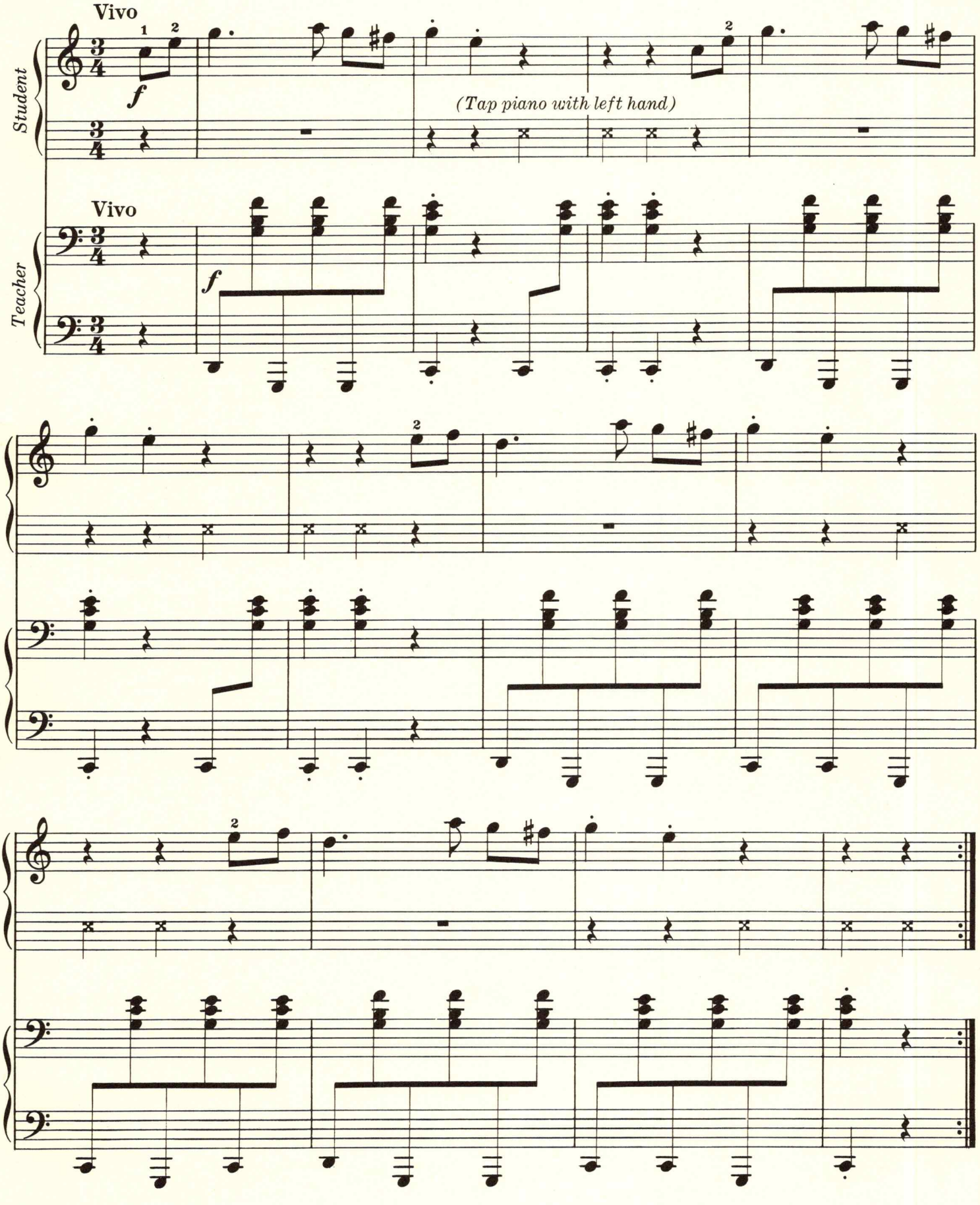


16 Old German Melody



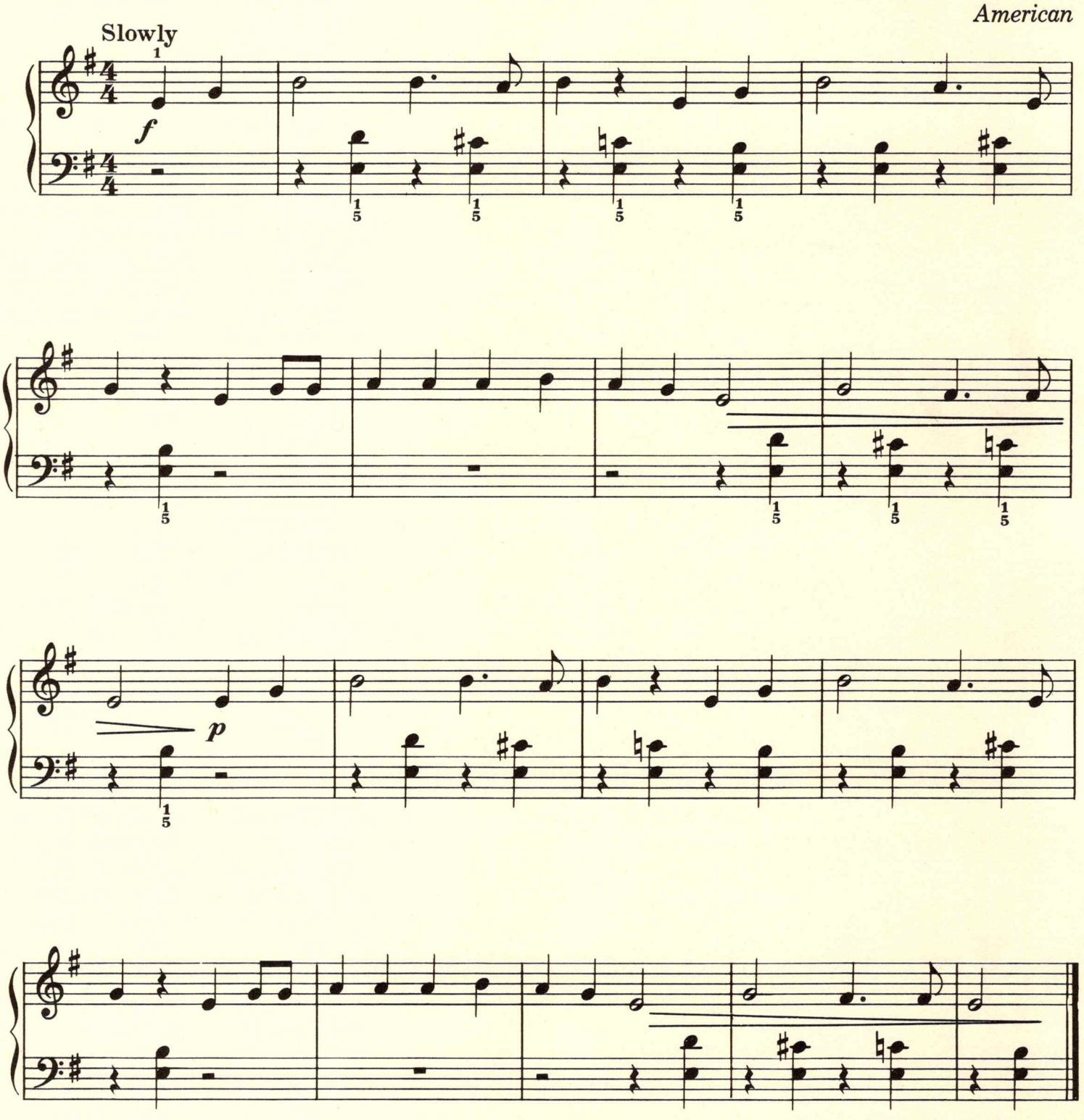
17 CHRISTMAS CAROL

Chilean



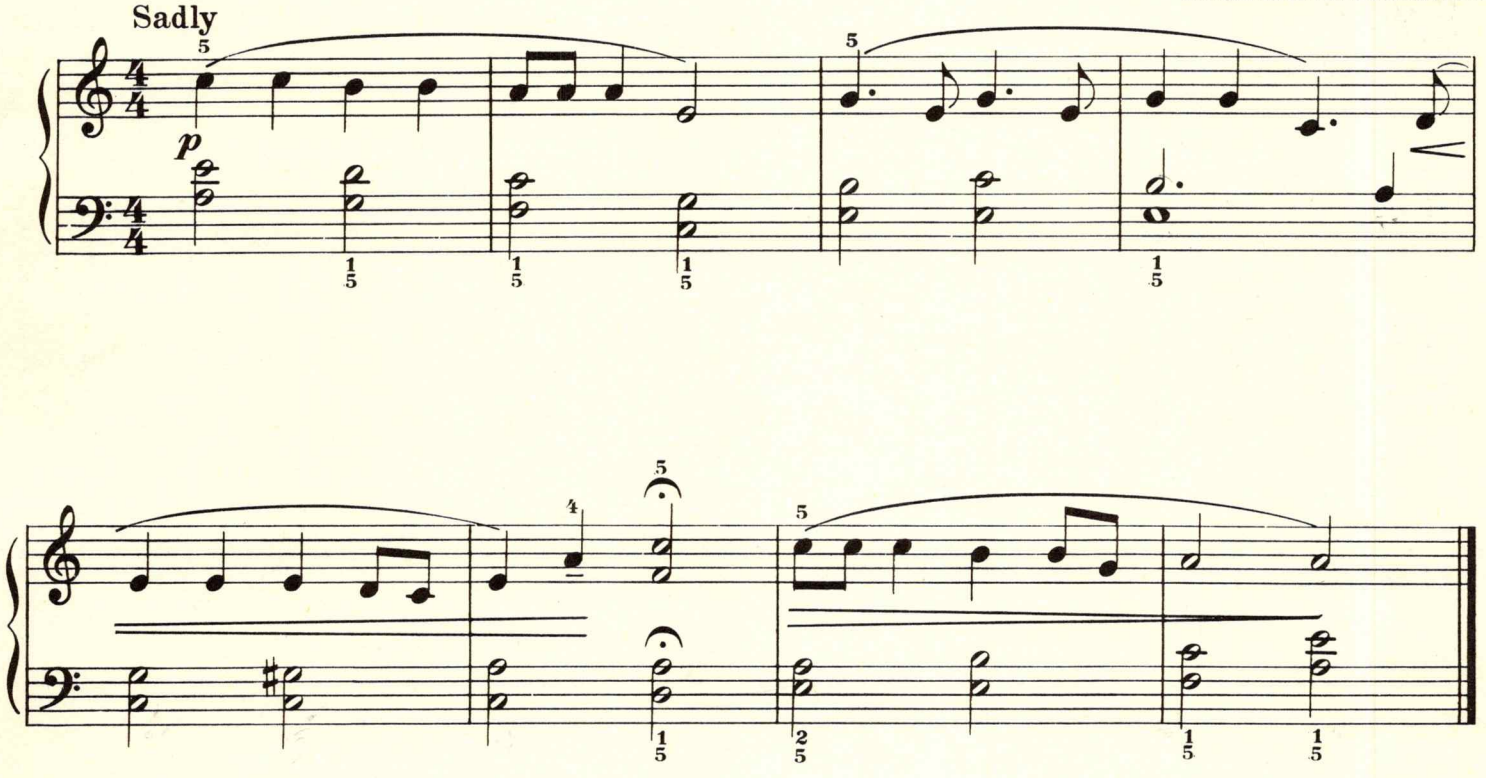
18 When the Train Comes Along

American



19 JOHNNY HAS GONE FOR A SOLDIER

American Revolution

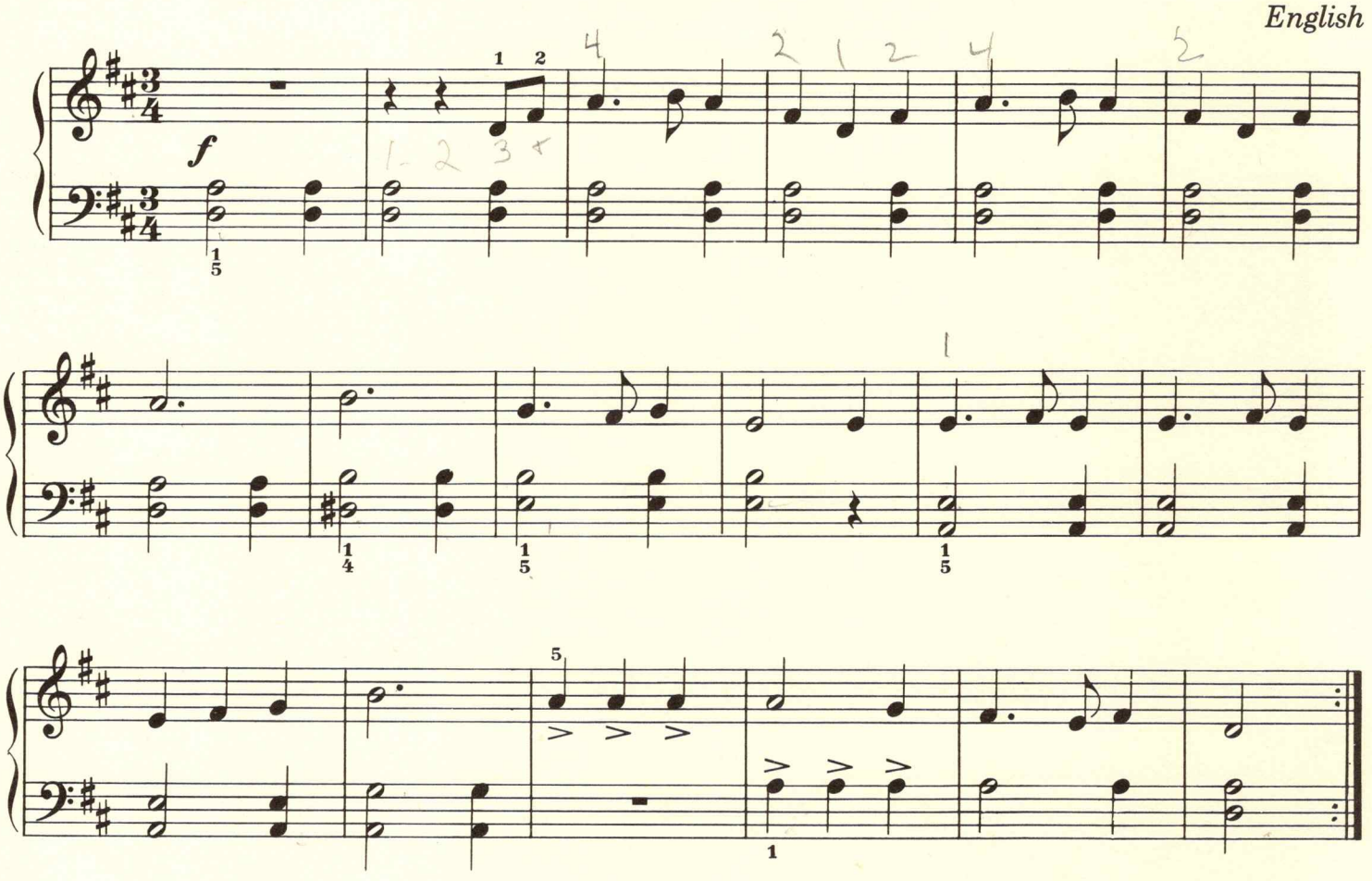


There I sat on Buttermilk Hill,
Who could blame me, cry my fill?
And every tear would turn a mill;
Johnny has gone for a soldier.

Me oh my, I loved him so;
Broke my heart to see him go,
And only time will heal my woe;
Johnny has gone for a soldier.

20 Blow the Man Down

English



A full-rigged clipper for Sydney was bound,
And away-hey, blow the man down;

She was very well manned as right soon I found,
Give us a chance to blow the man down.

But as soon as the clipper was clear of the bar,
And away-hey, blow the man down.

The mate knocked me down with the end of a spar,
Away, hey, blow the man down.

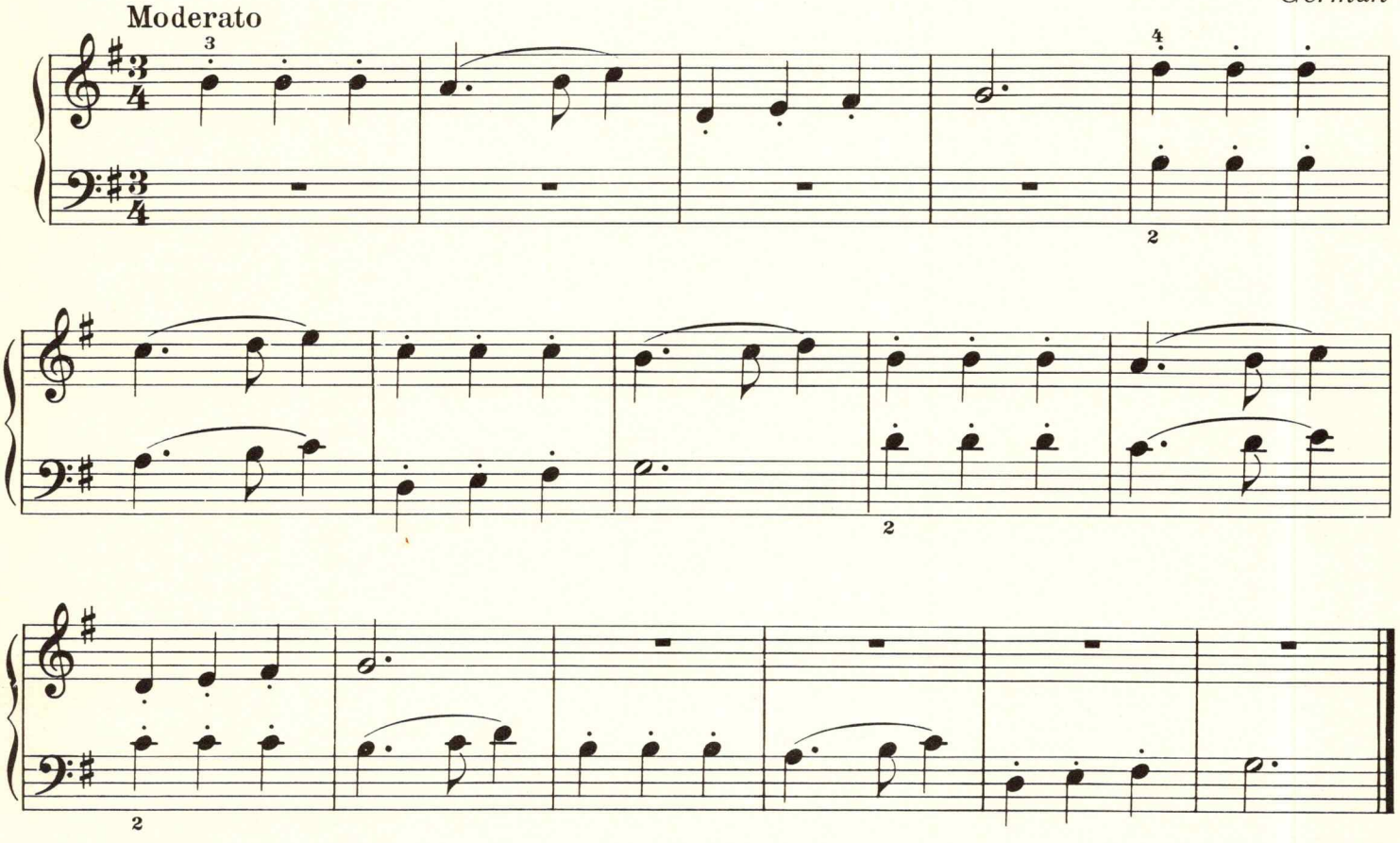
I got cruel treatment of every degree,
Give us a chance to blow the man down.

Now we're home bound to Liverpool town,
And away-hey, blow the man down.

21 HIMMEL UND ERDE *(Round)*

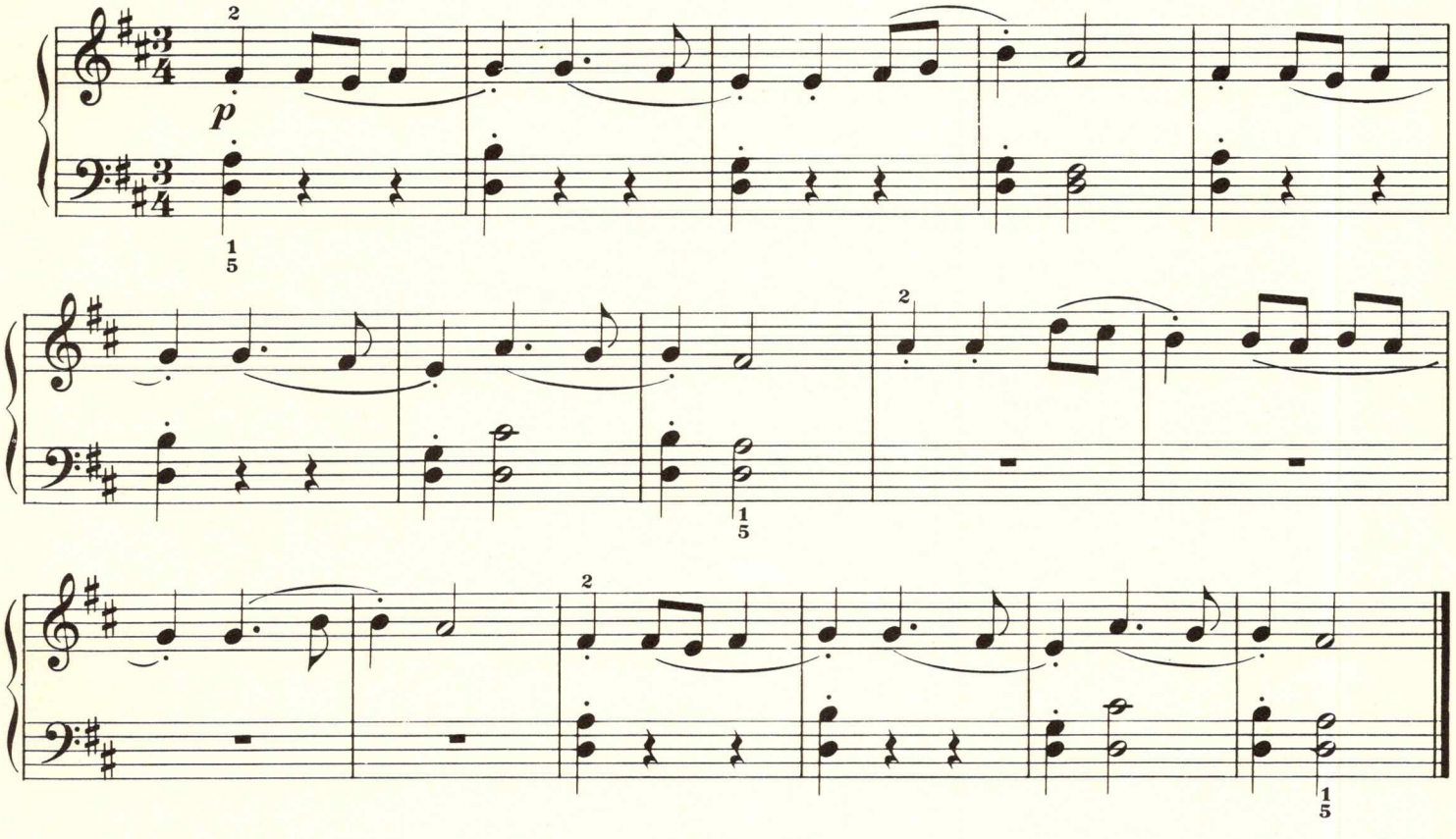
German

Moderato

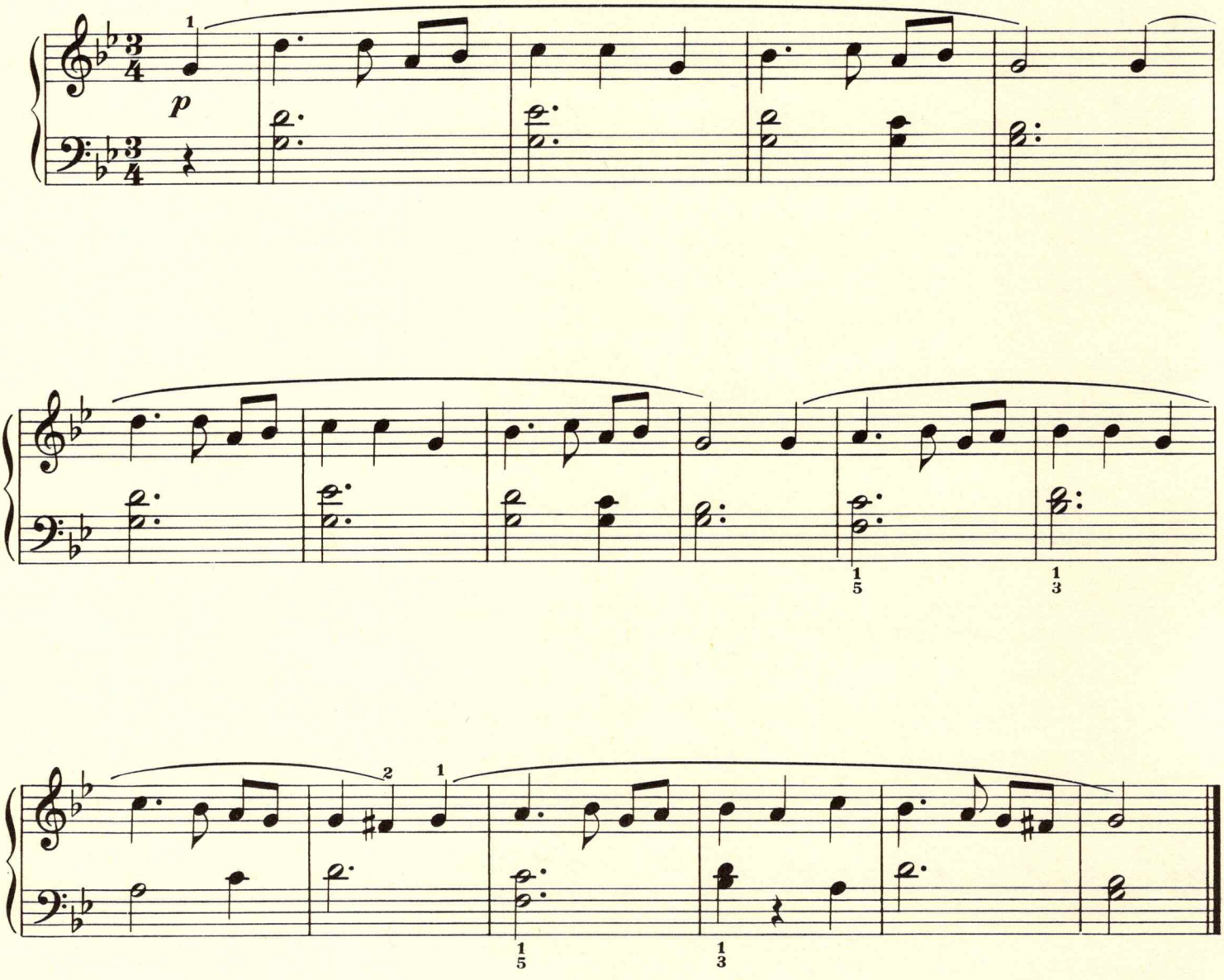


22 LULLABY

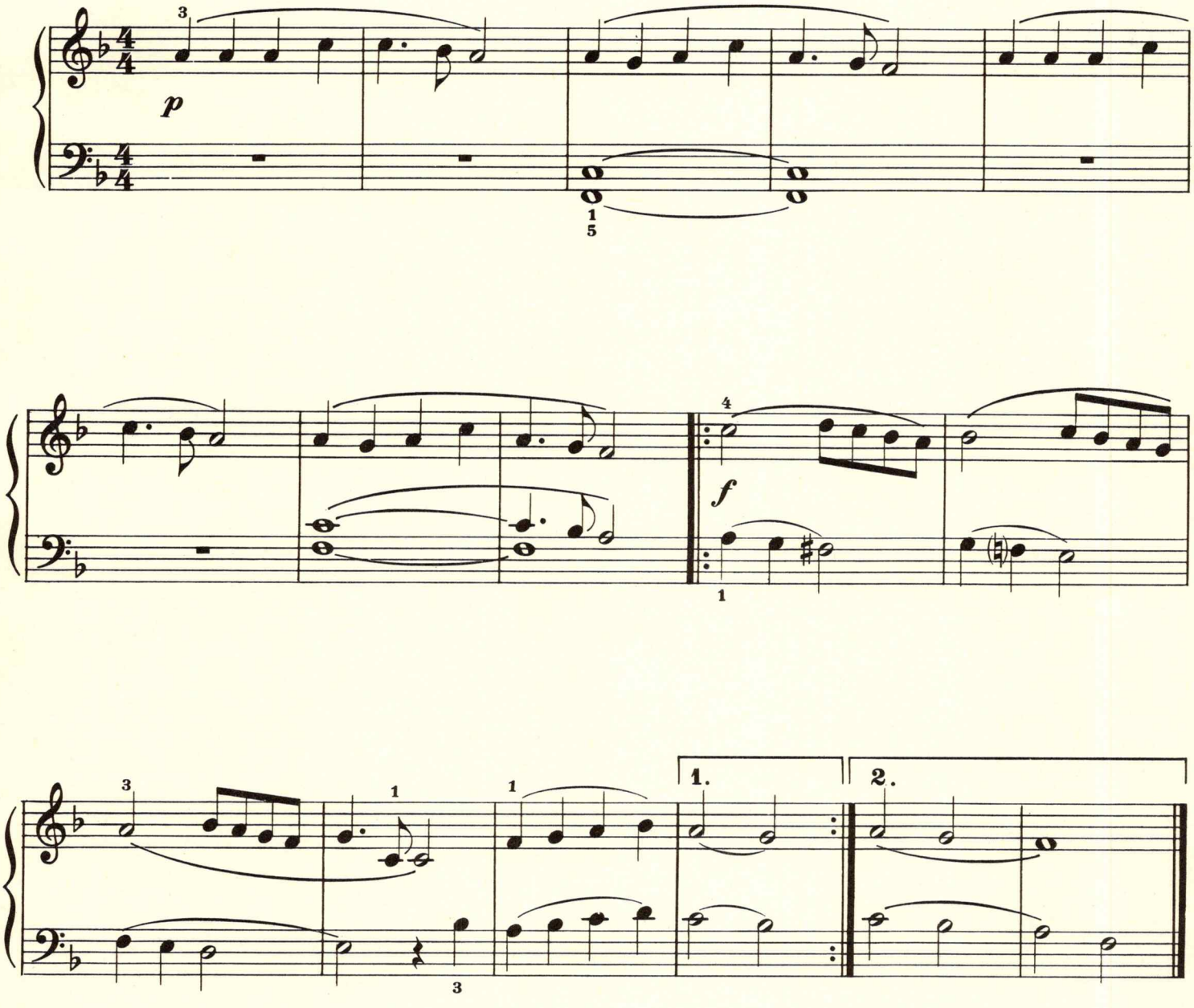
Polish



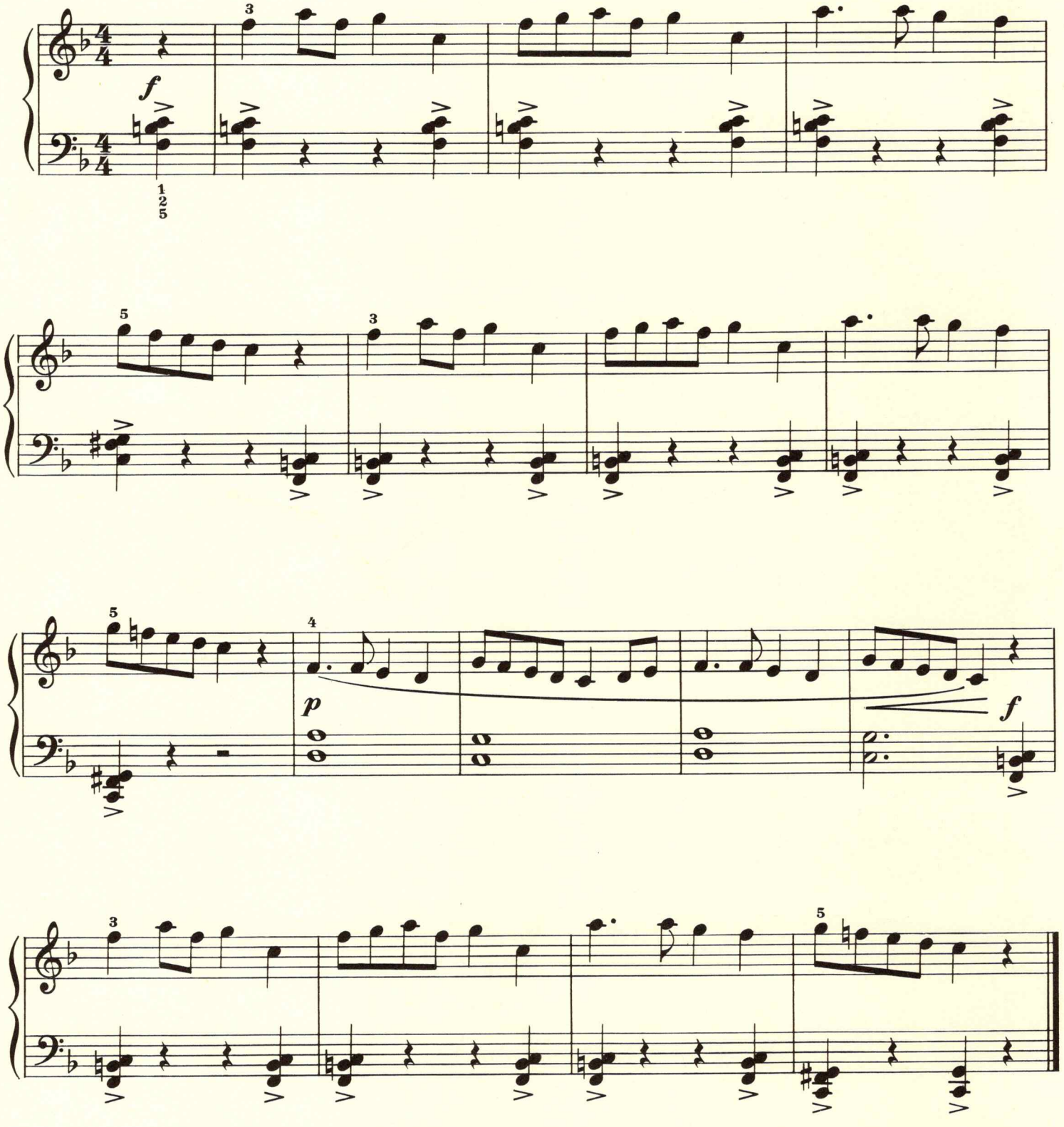
23 French Carol I



24 French Carol II

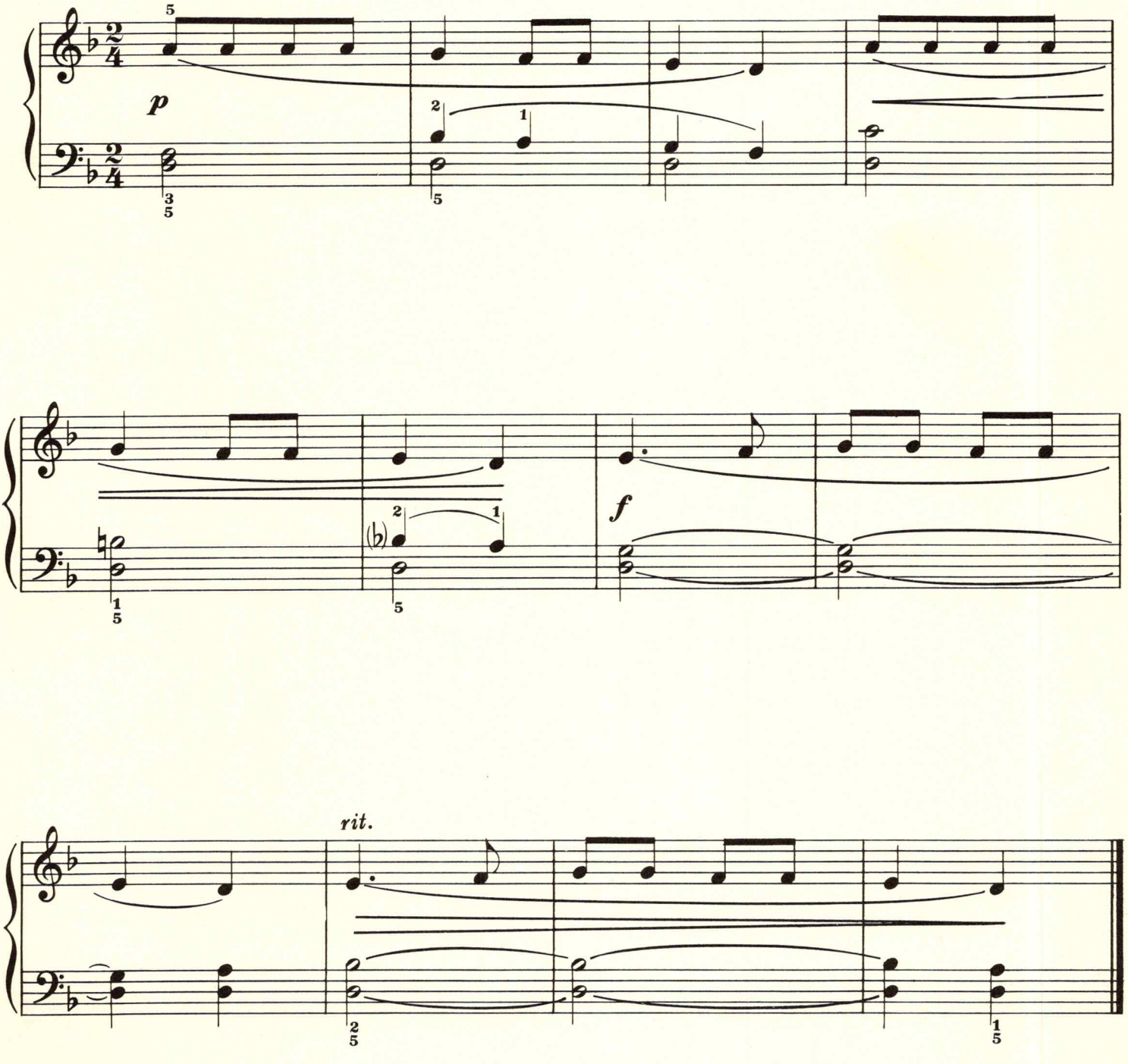


25 Estonian Folk Song



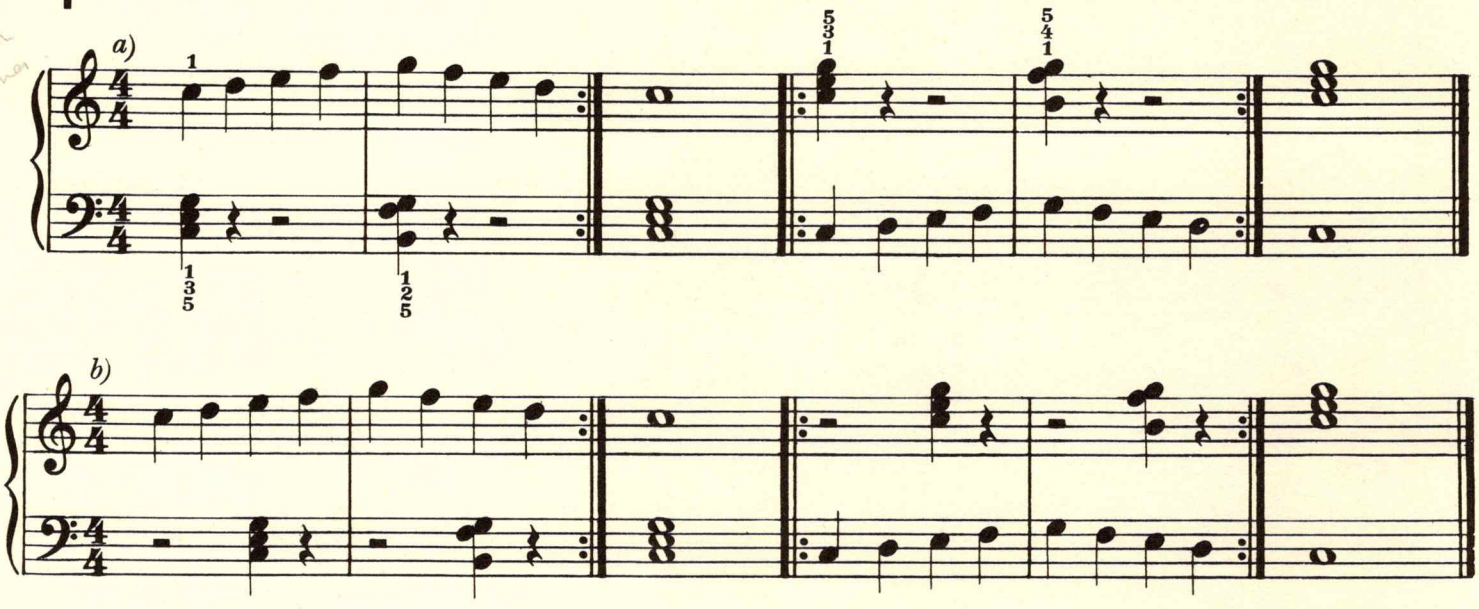
26 MELODY

Russian



EXERCISES

1



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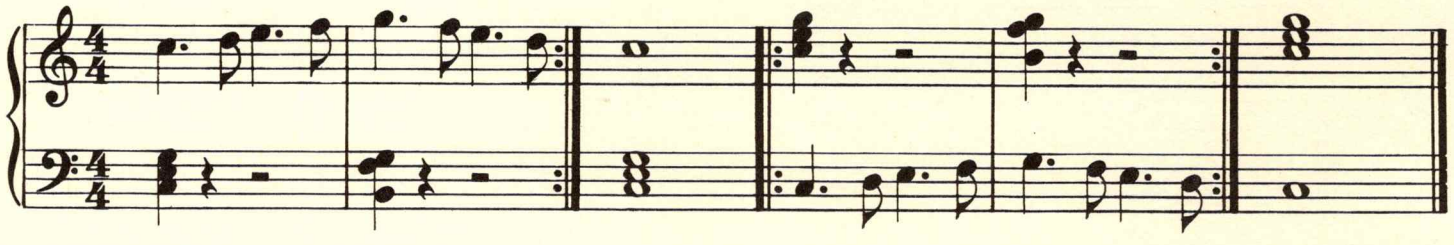

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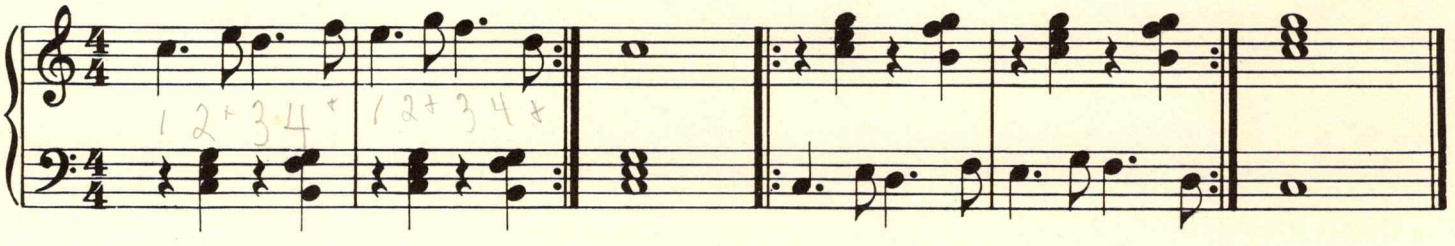
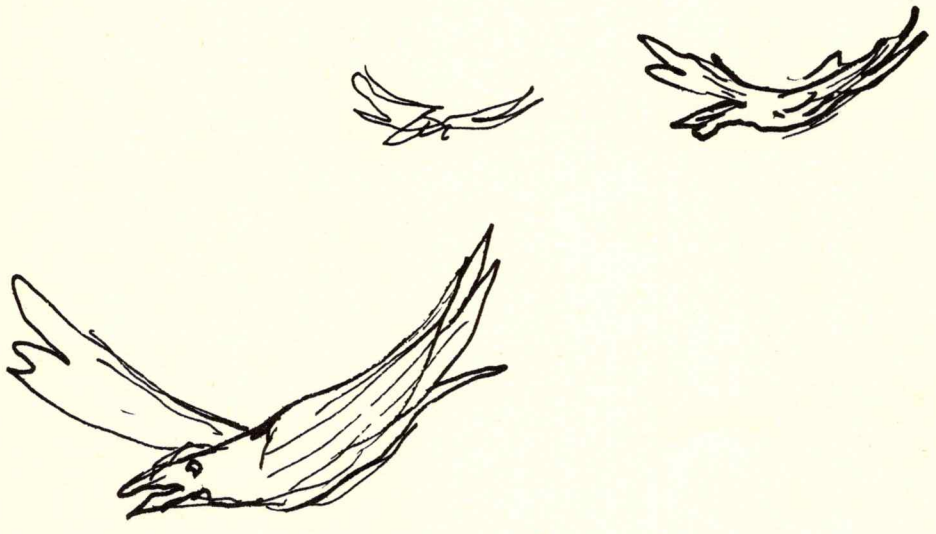


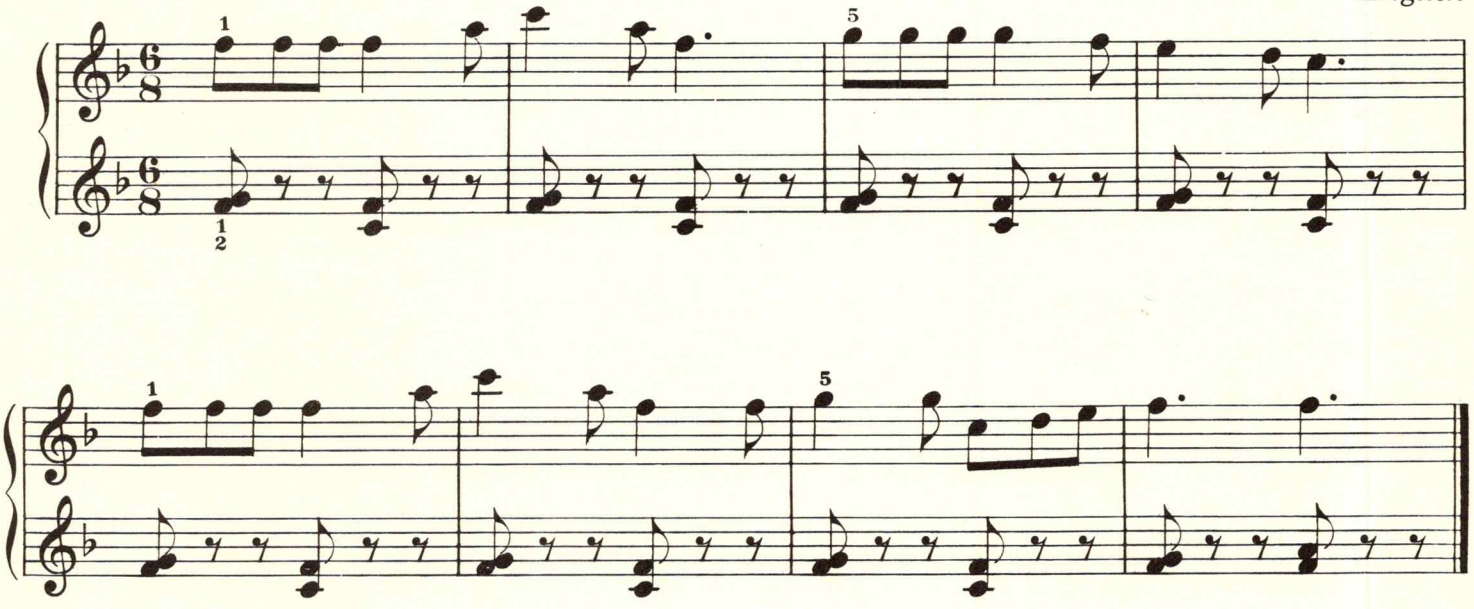
UNIT 6



Round the Mulberry Bush

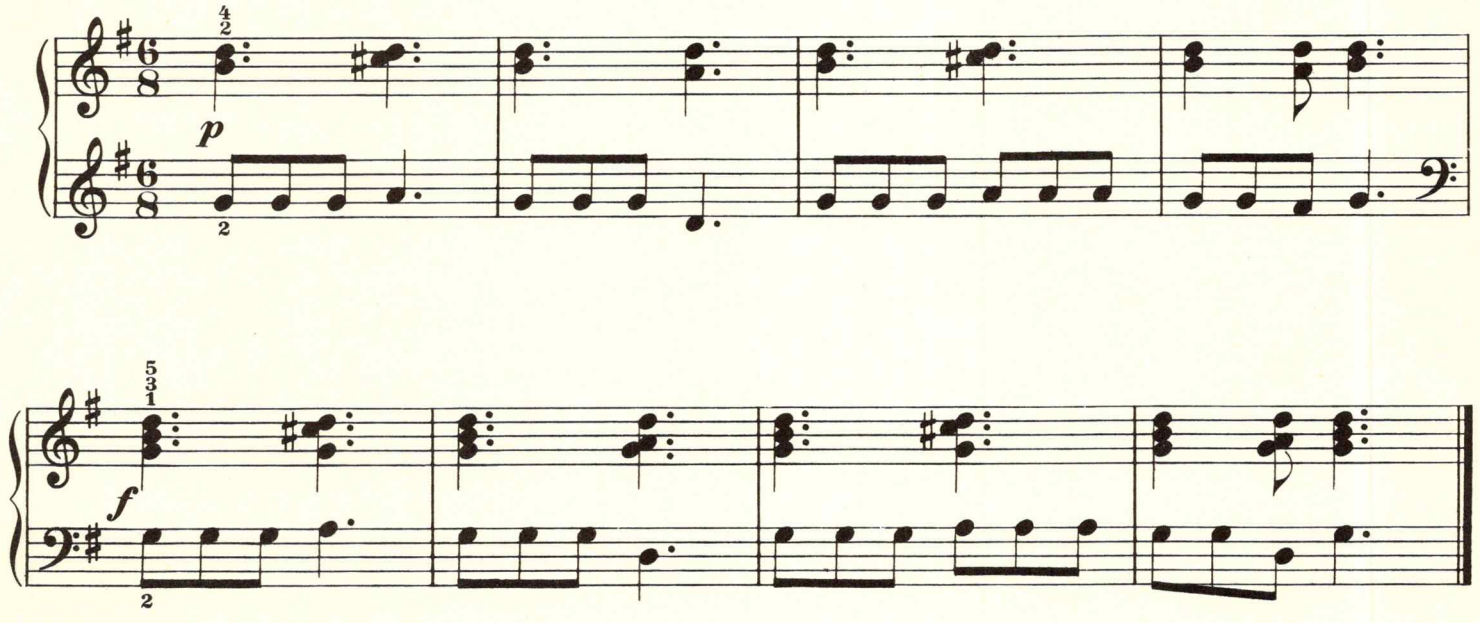
1 Round the Mulberry Bush

English



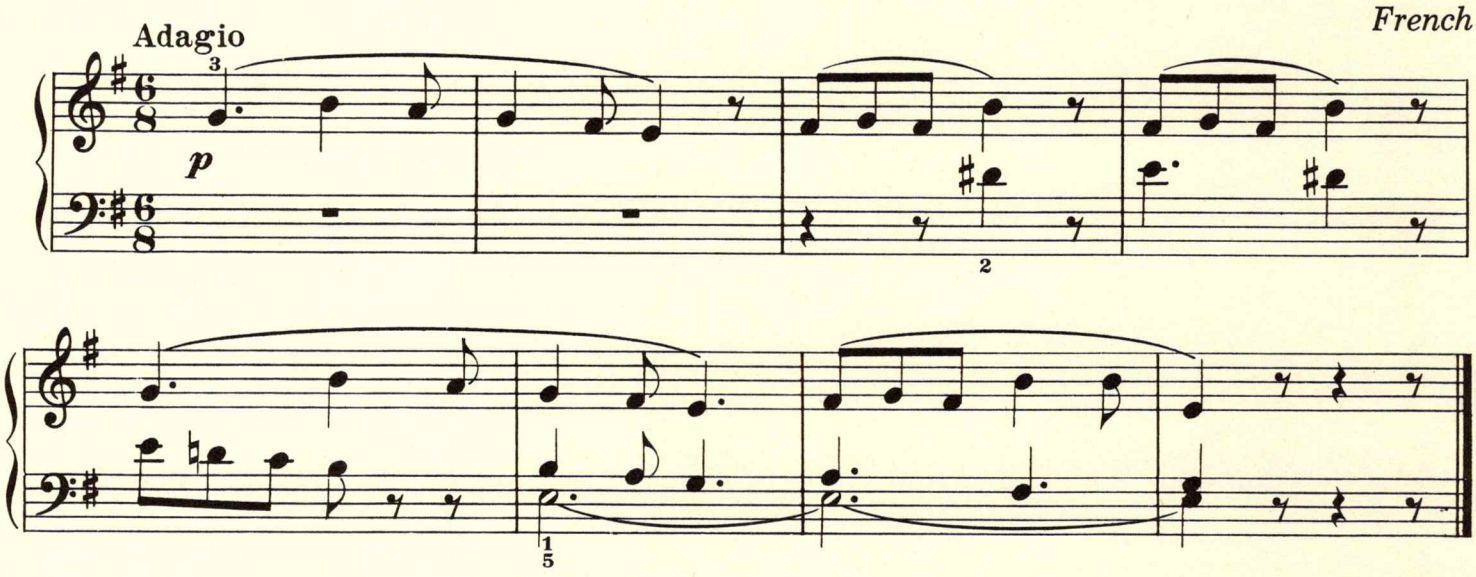
2 March

French



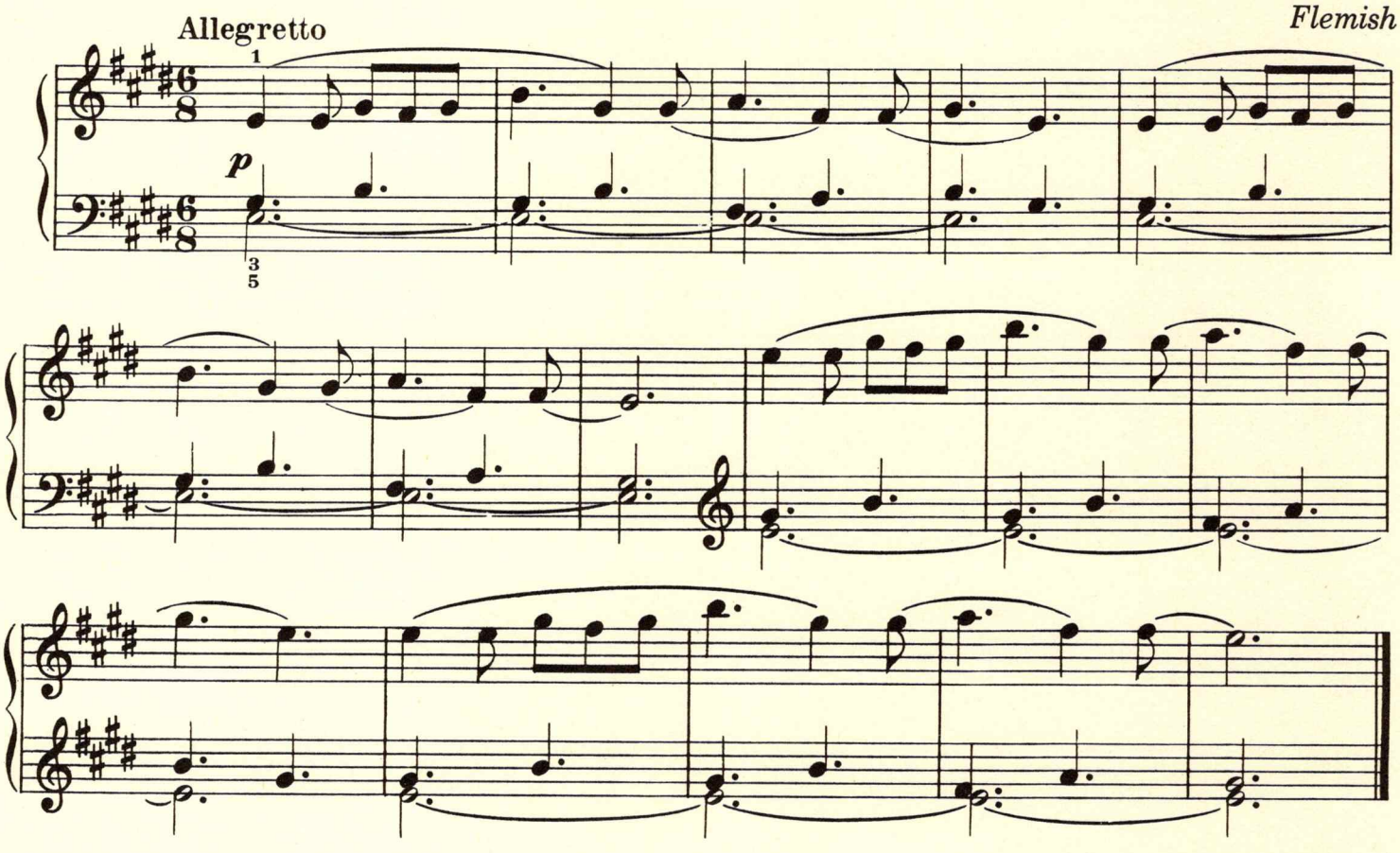
3 A Sad Song

French



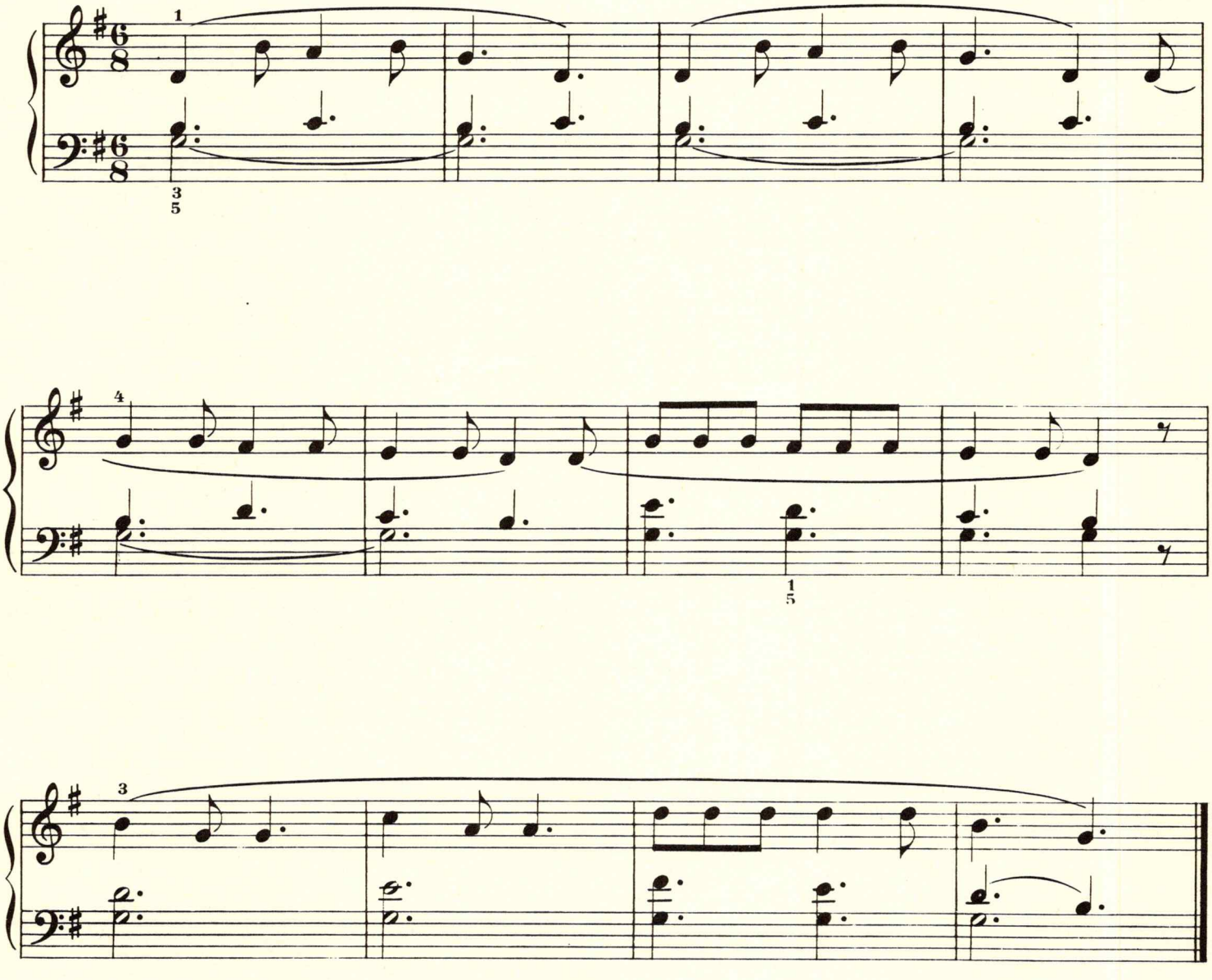
4 Rosa

Flemish



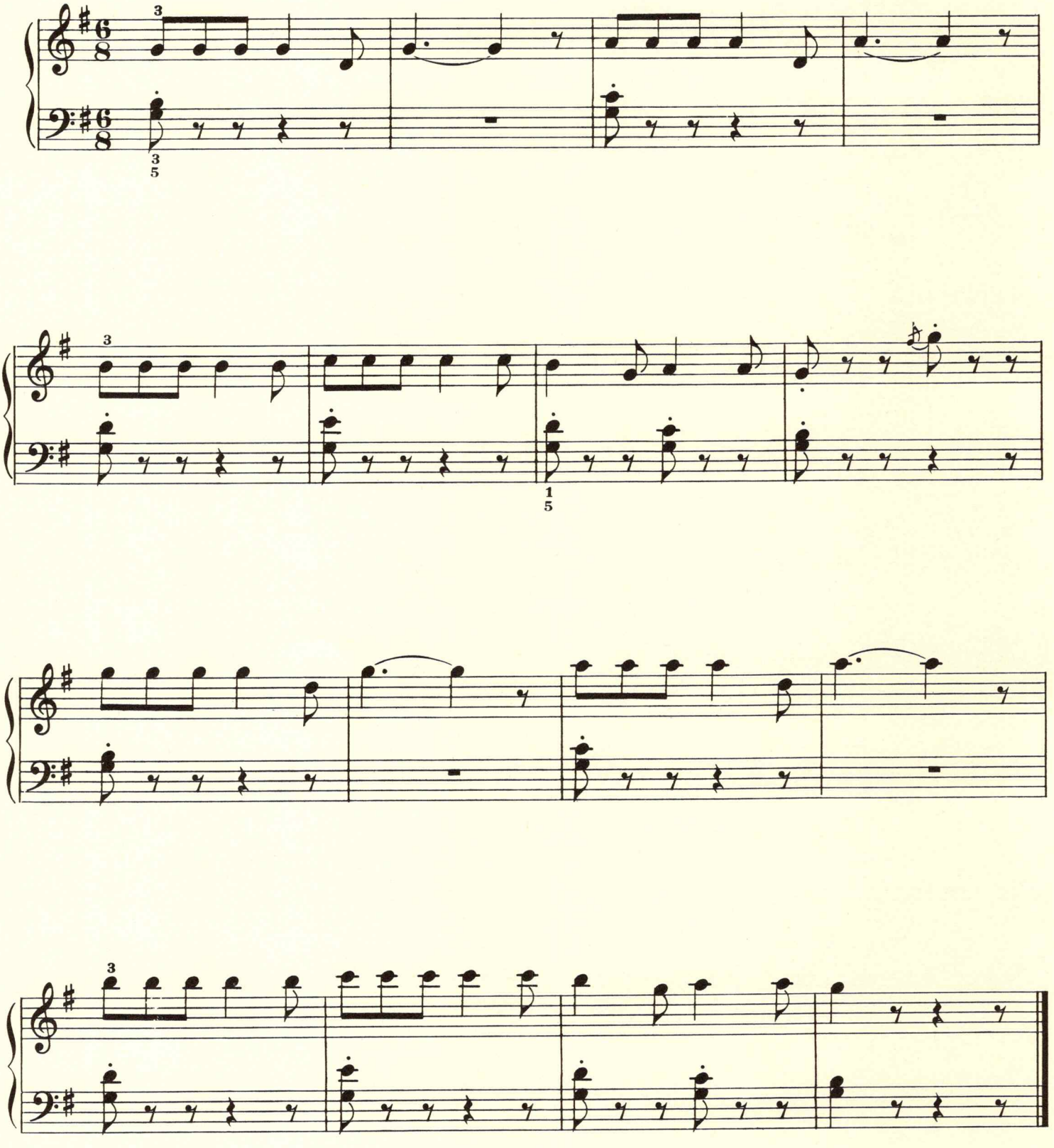
5 Draw a Pail of Water

English



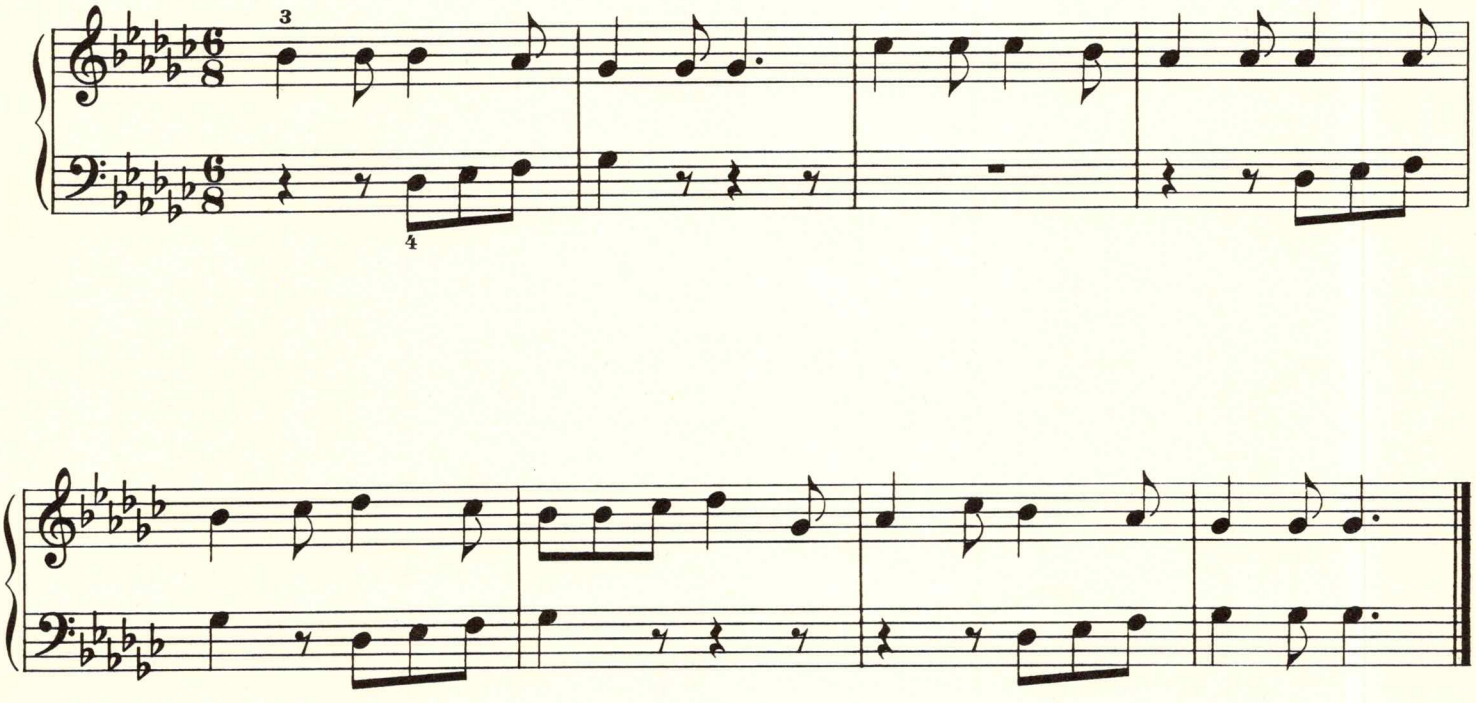
6 Ally Galoo Galoo

English



7 Oats, Peas, Beans

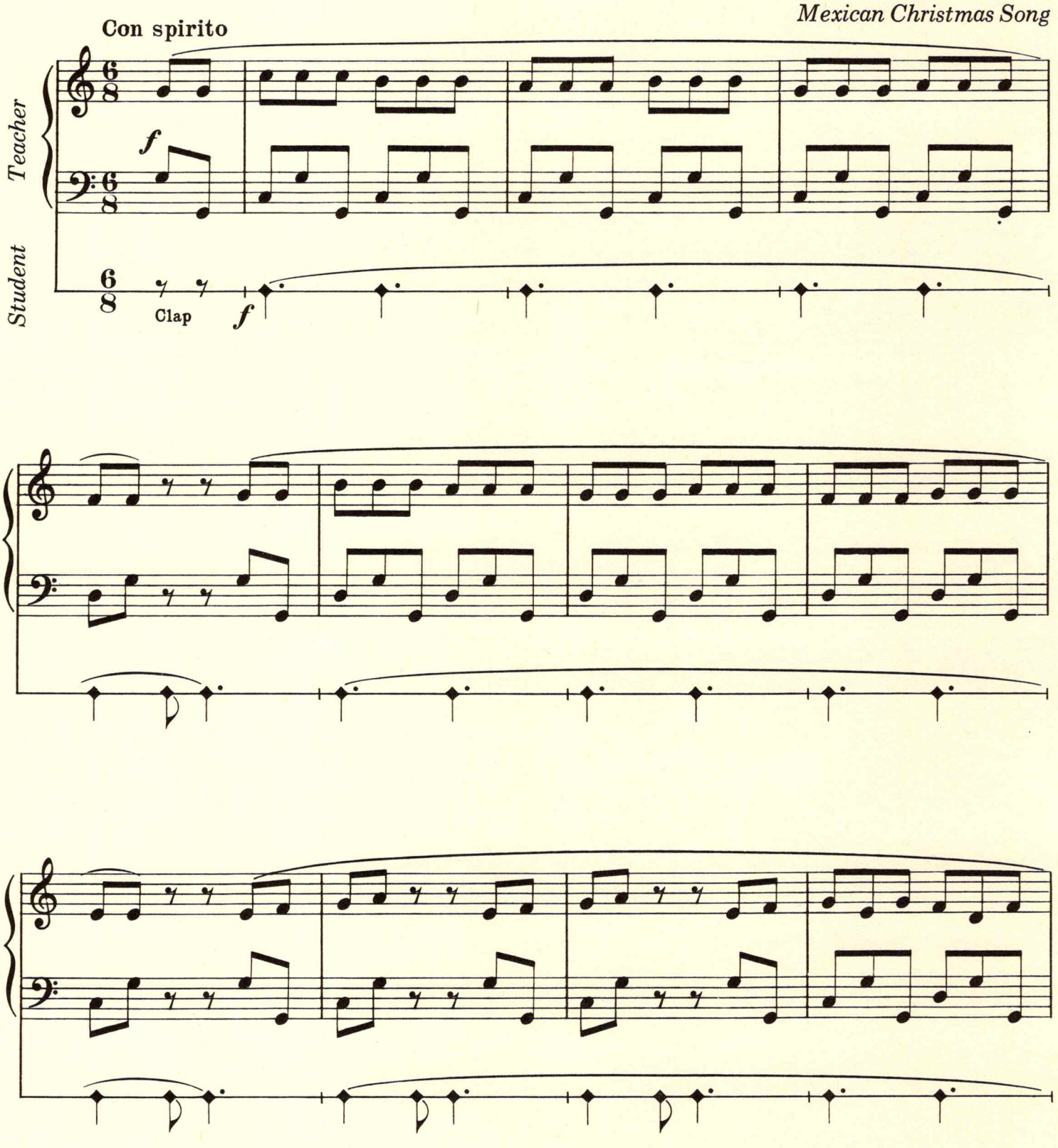
English

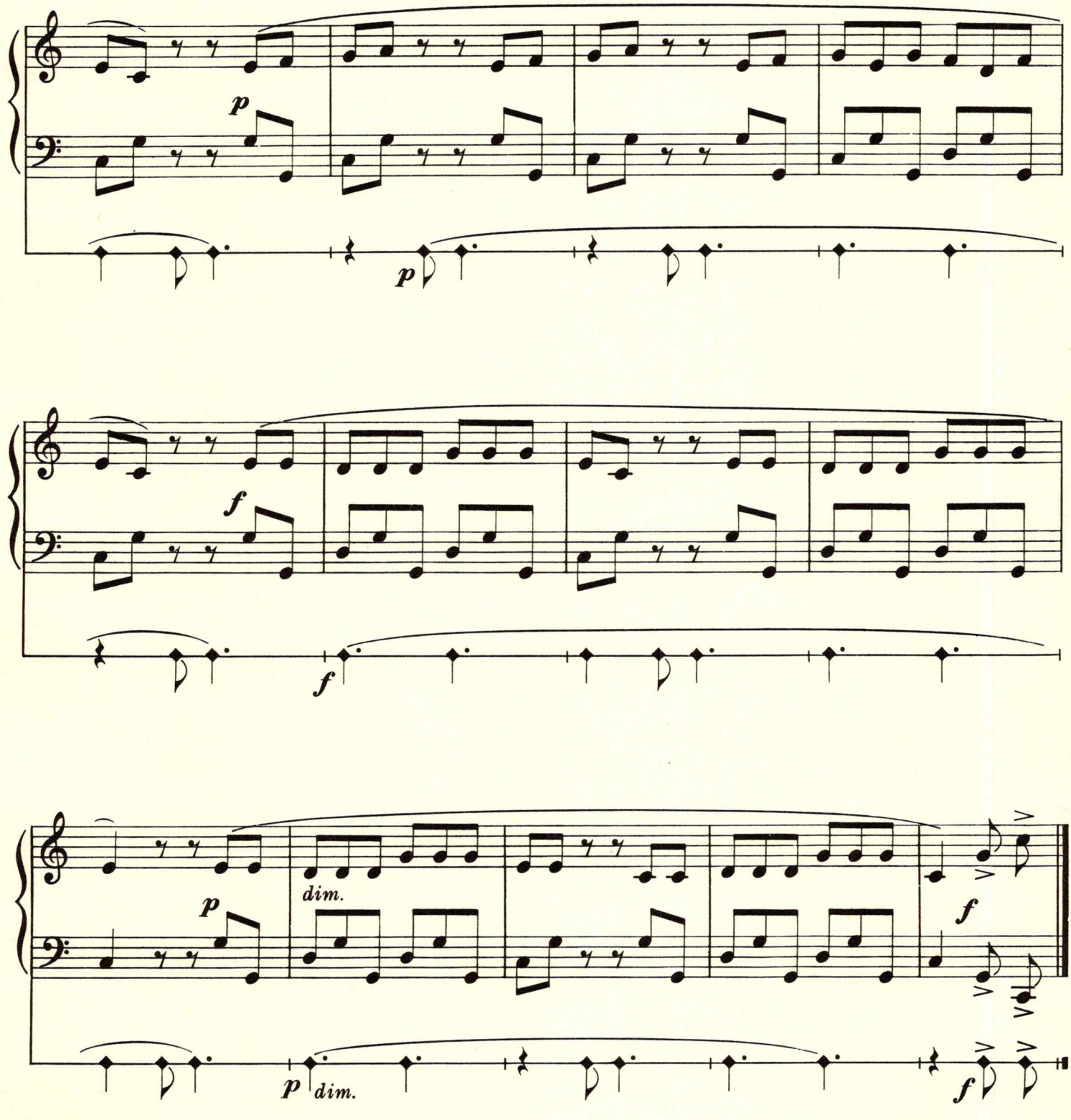


Oats, peas, beans and barley grow,
Oats, peas, beans and barley grow,
Do you or I or anyone know
How oats, peas, beans and barley grow?

8 PIÑATA

Mexican Christmas Song

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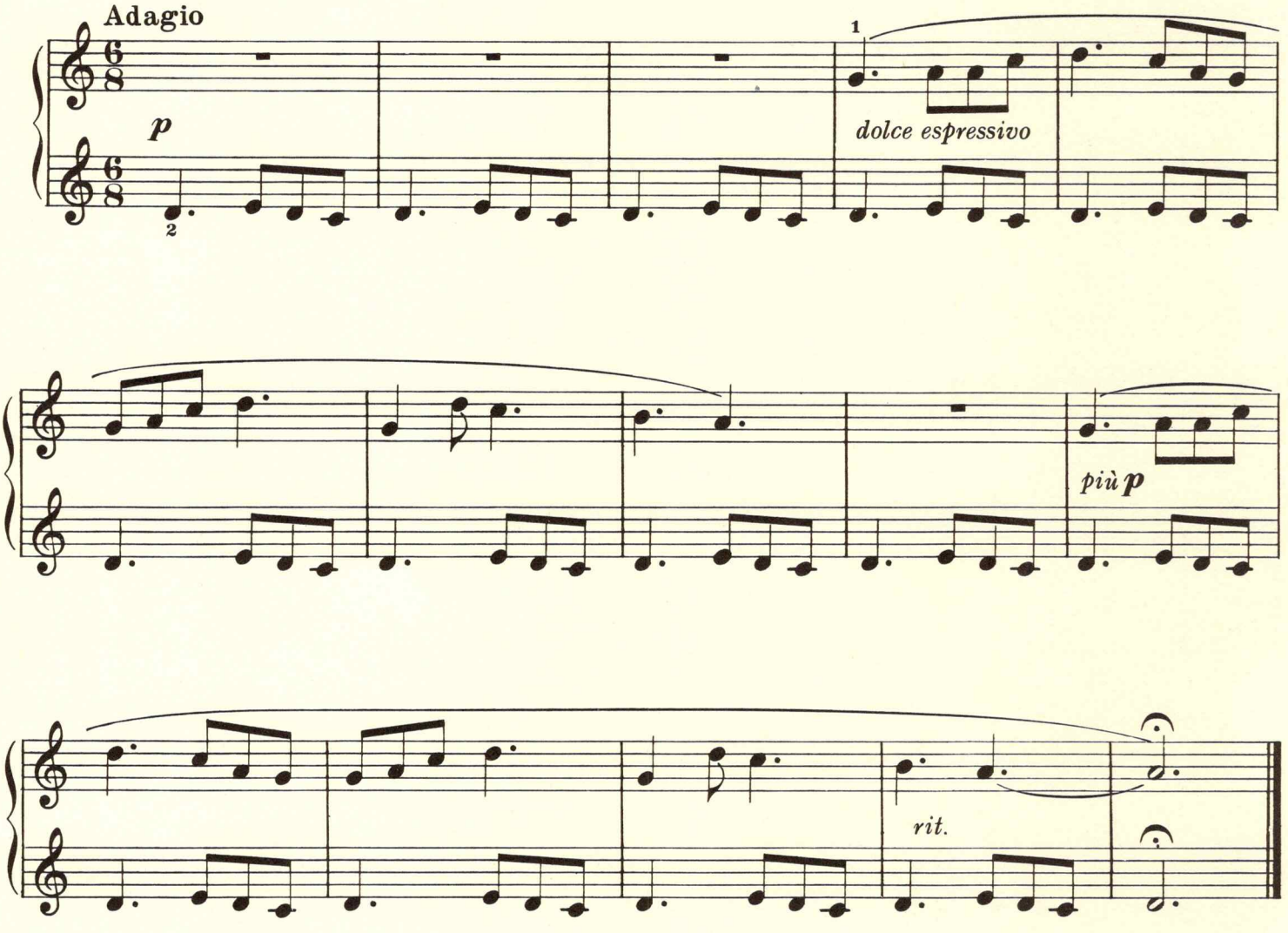
f

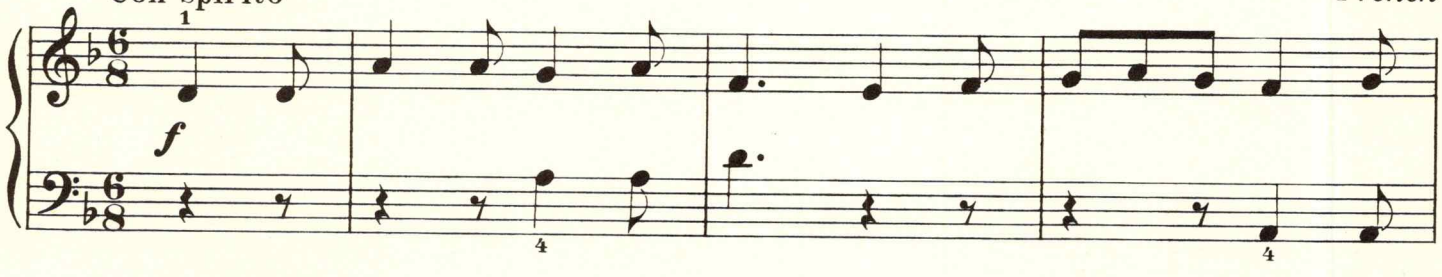
9 Gaelic Lullaby

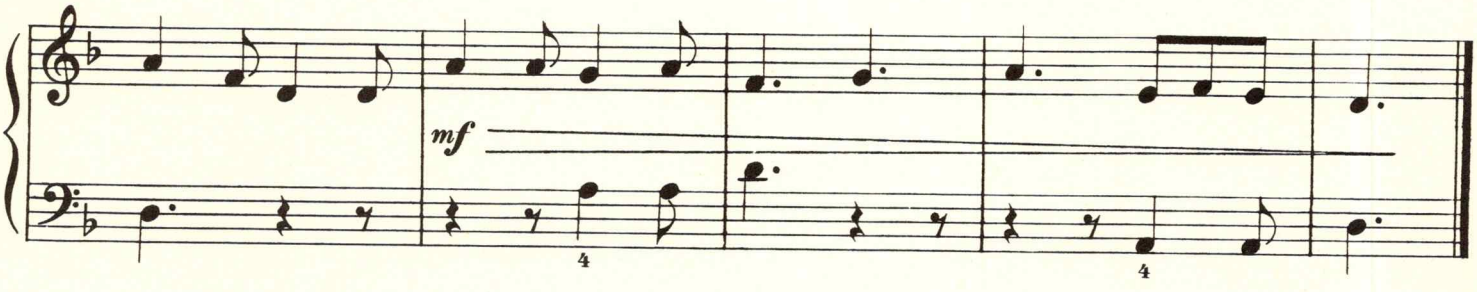


10 QU'EST QUI PASSE

Con spirito

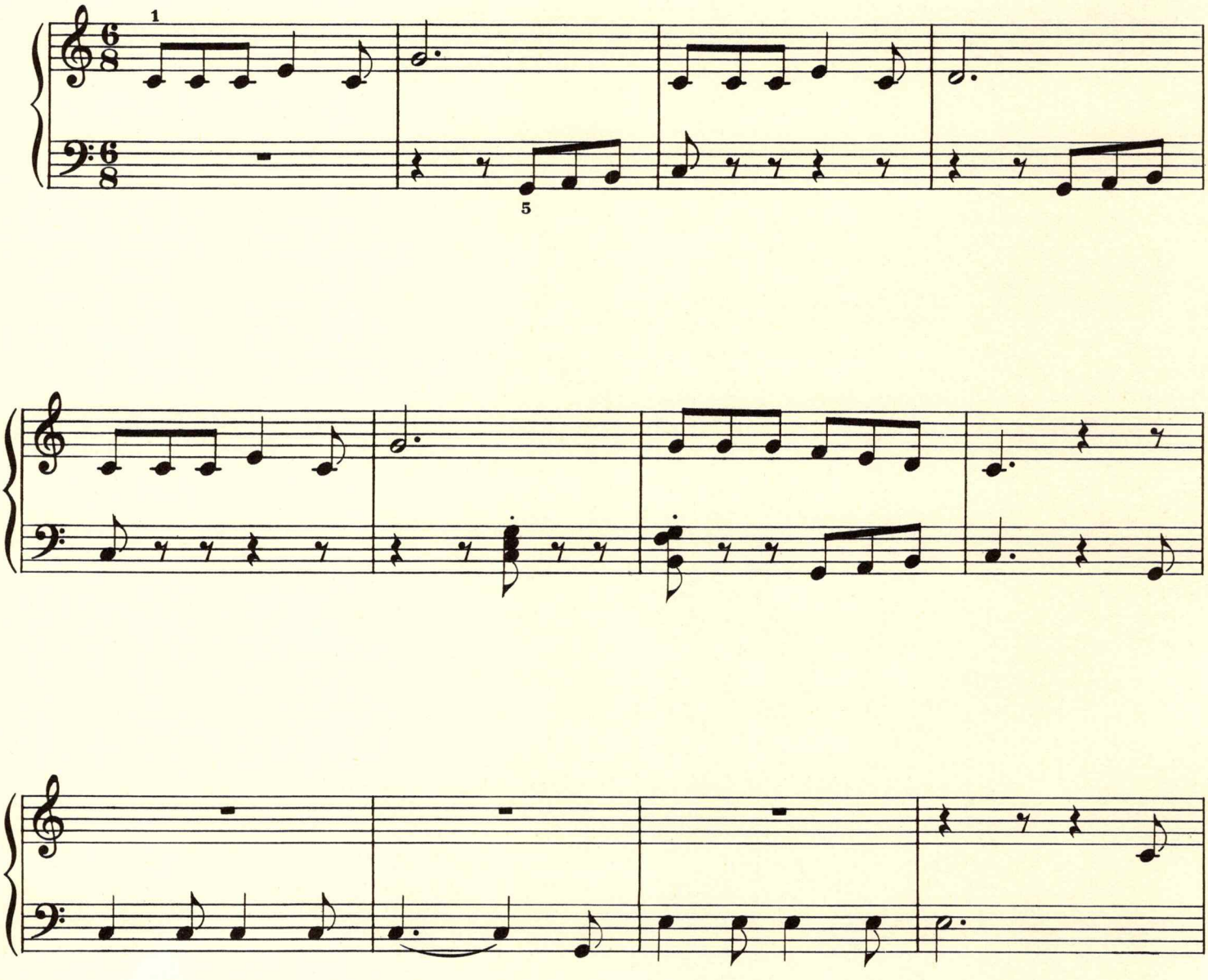
French

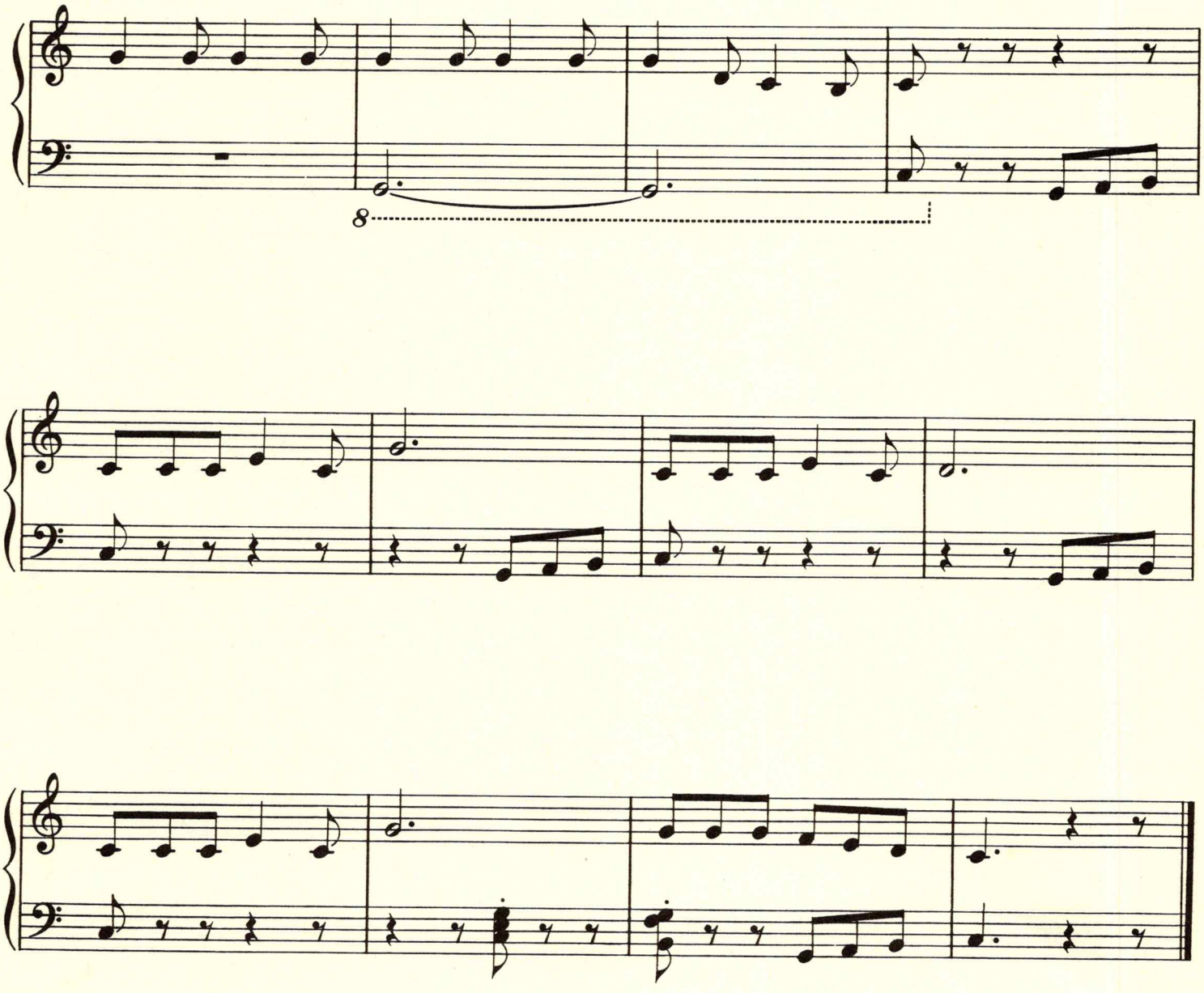




11 Looby Lou

American

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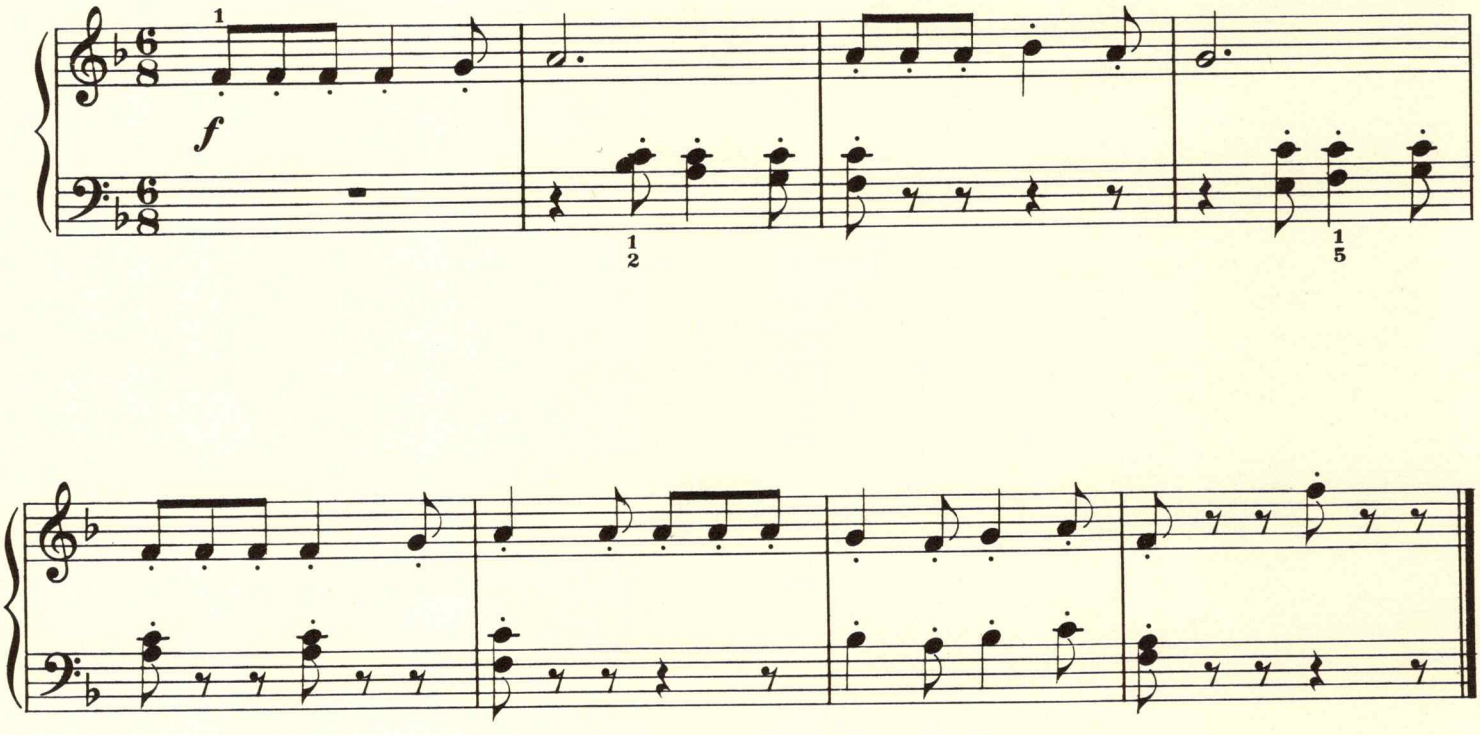
12 Sally Go Round the Sun

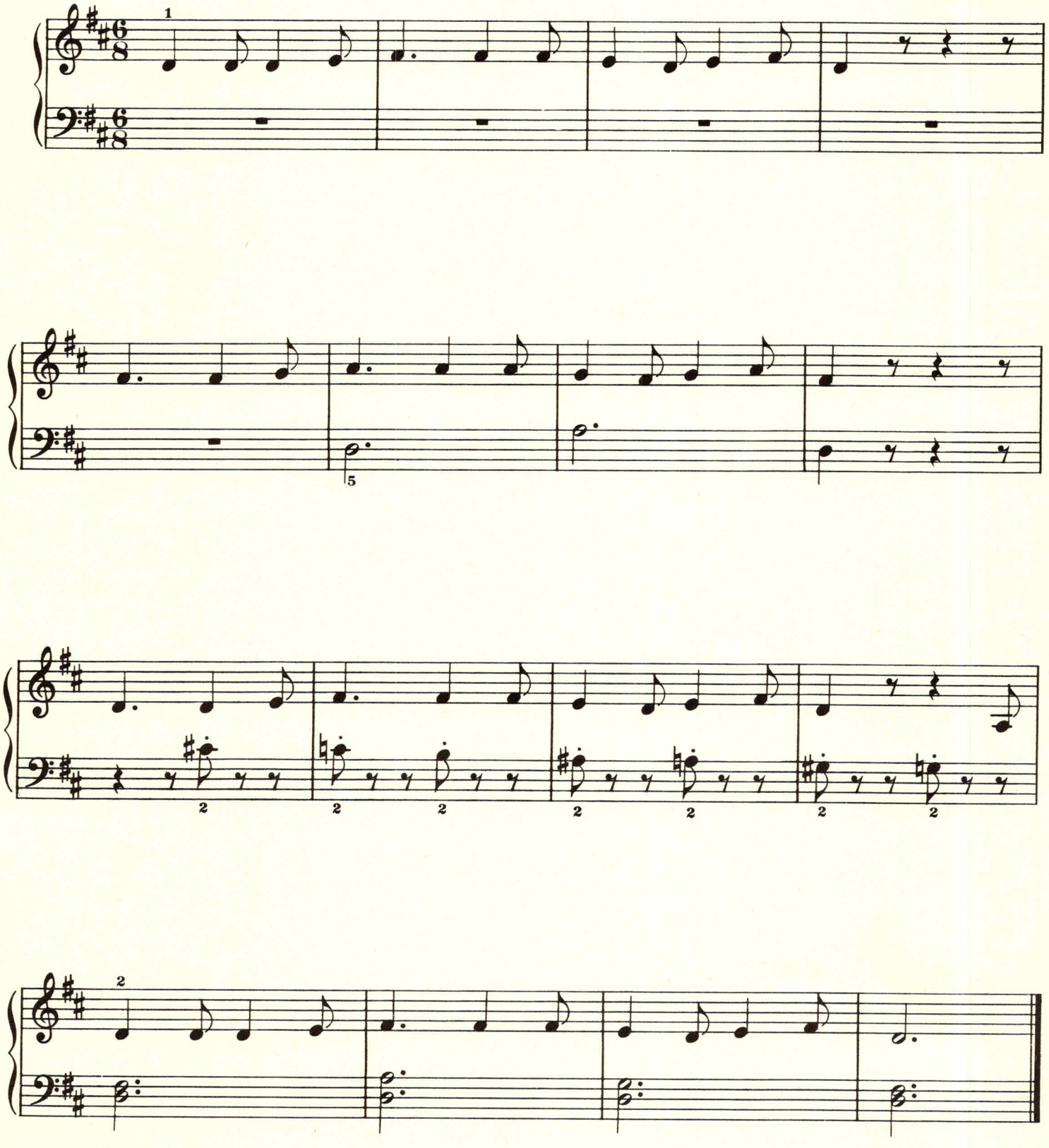
American



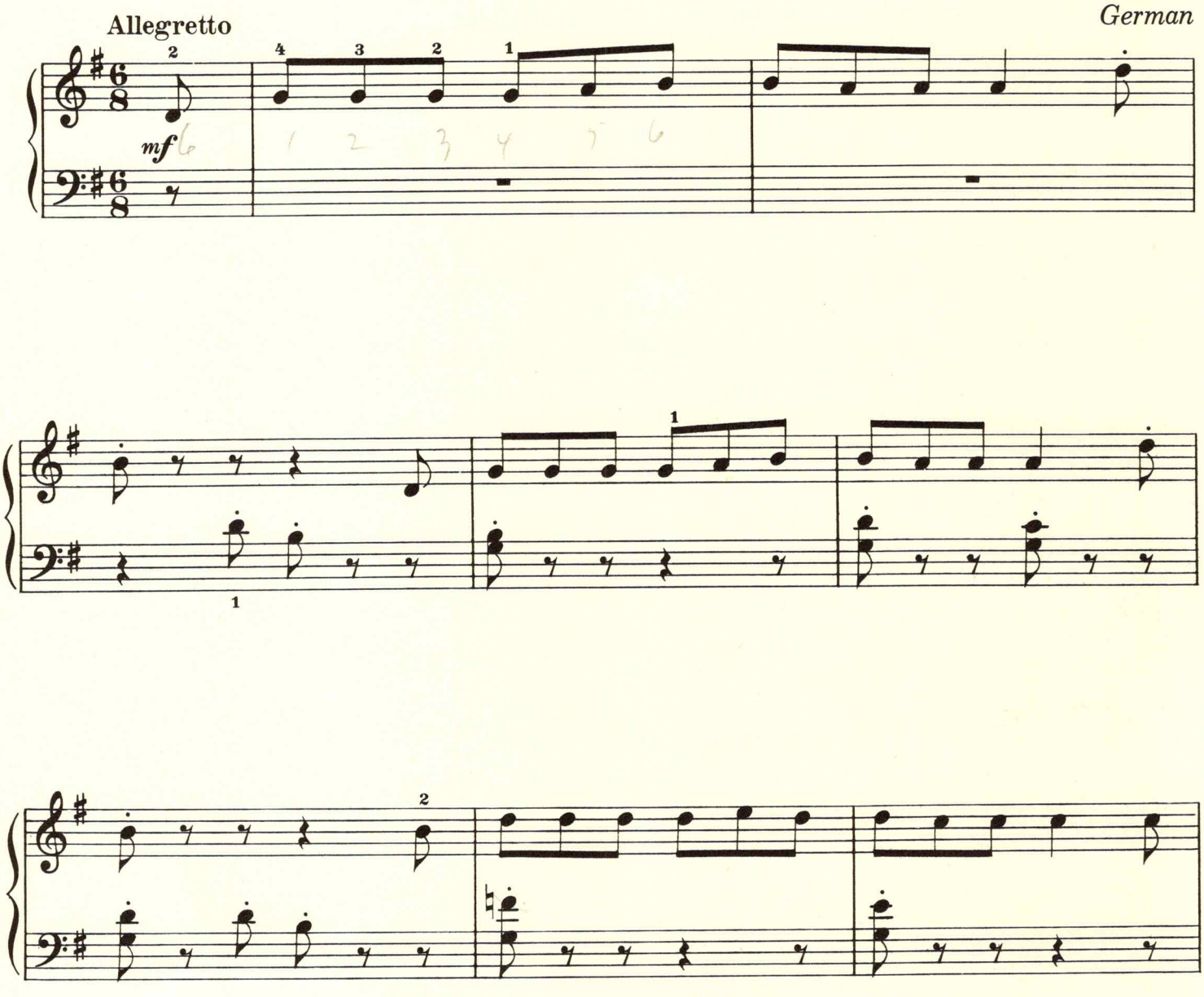
Sally go round the sun,
Sally go round the moon,
Sally go round the whole wide world
Every afternoon. Boom!

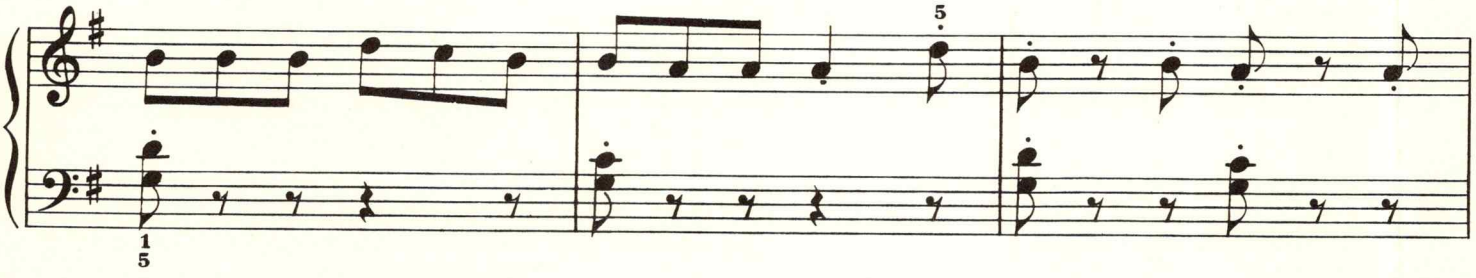
13 Eency Weency Spider

American



14 The Mill Wheel

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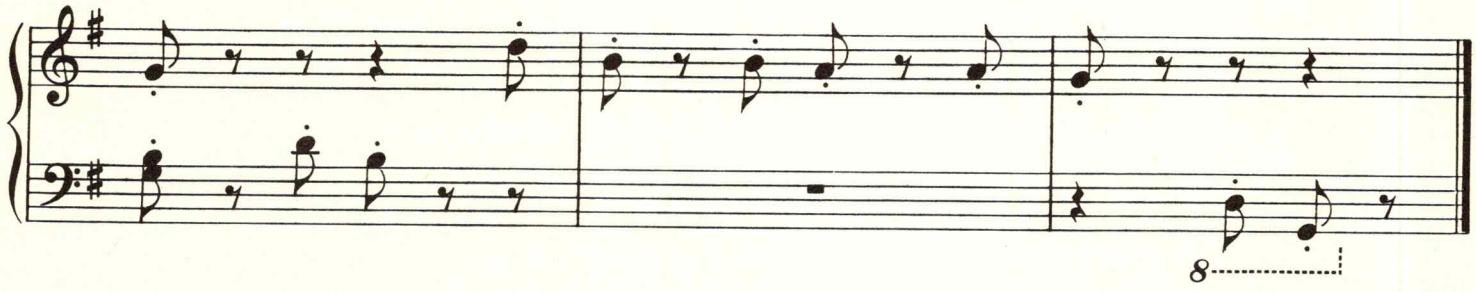
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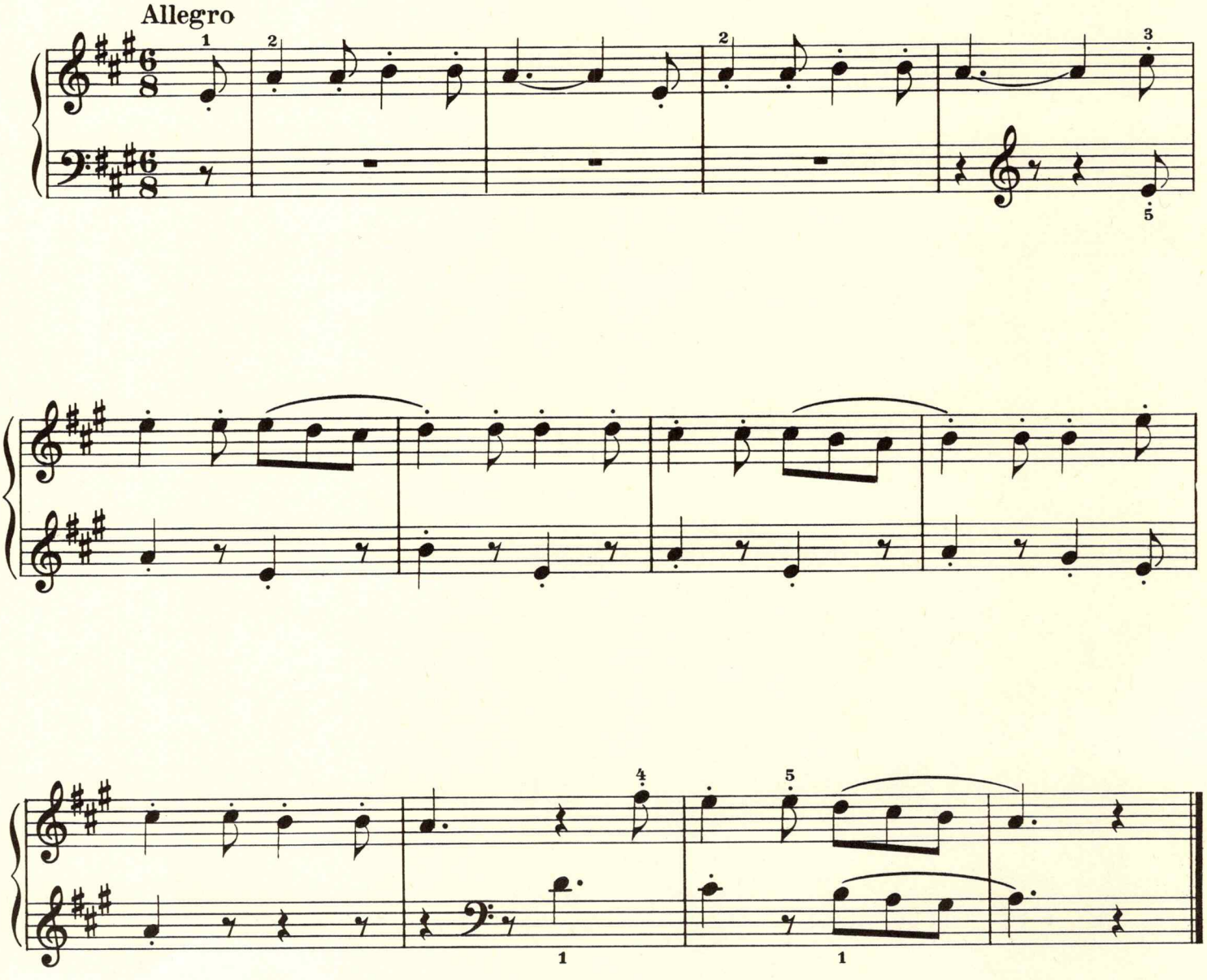
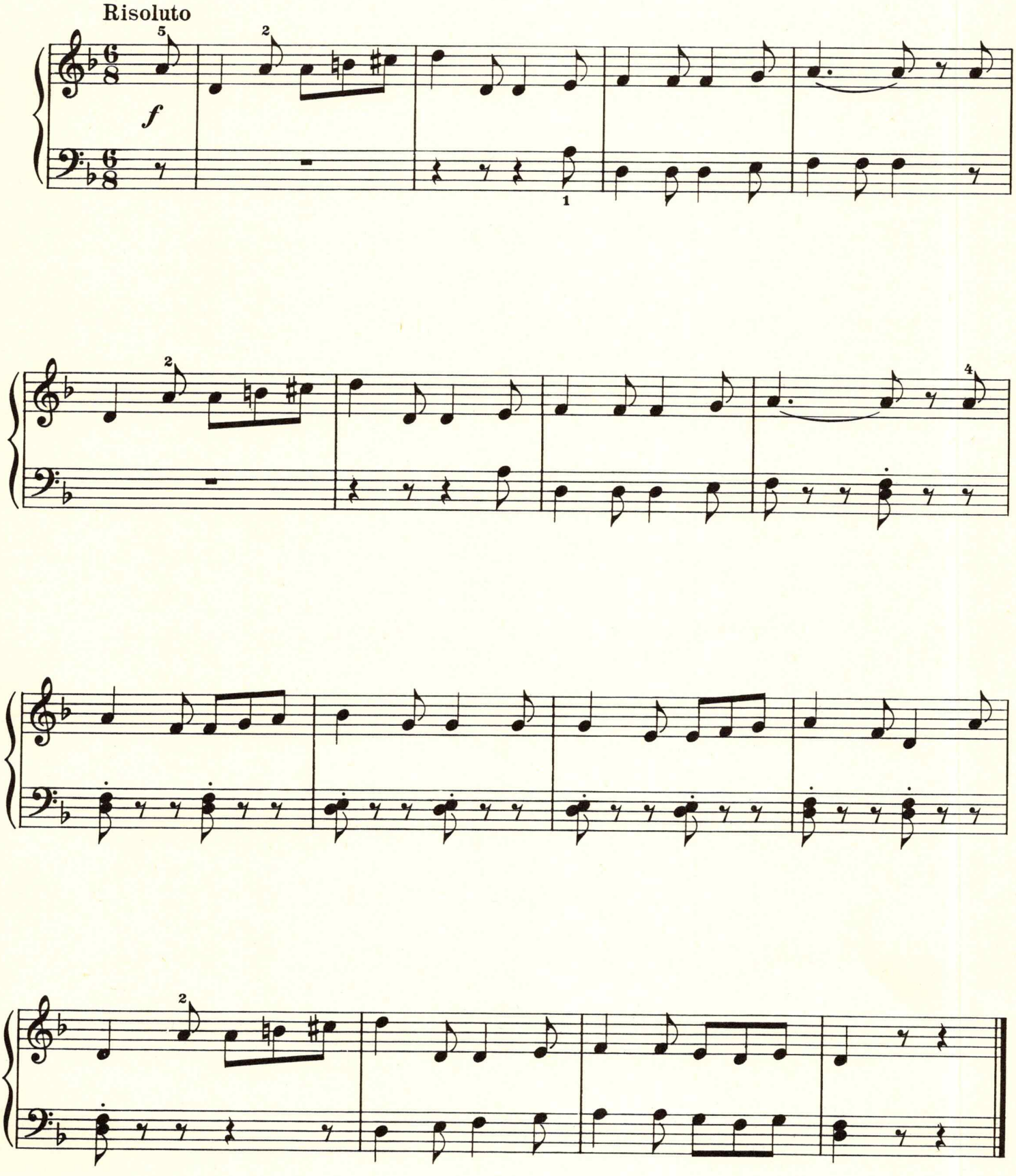
15 Old Dutch Tune

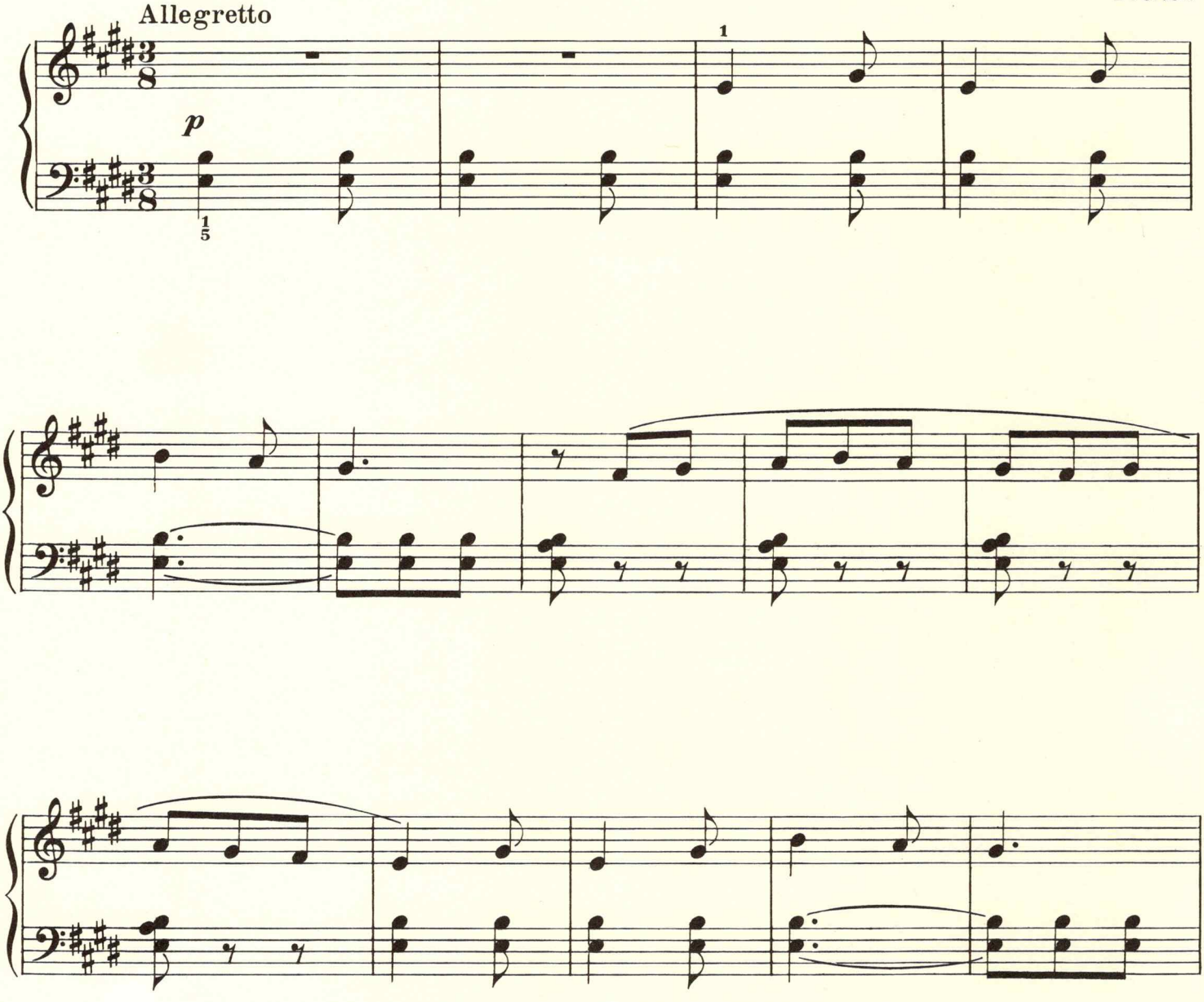


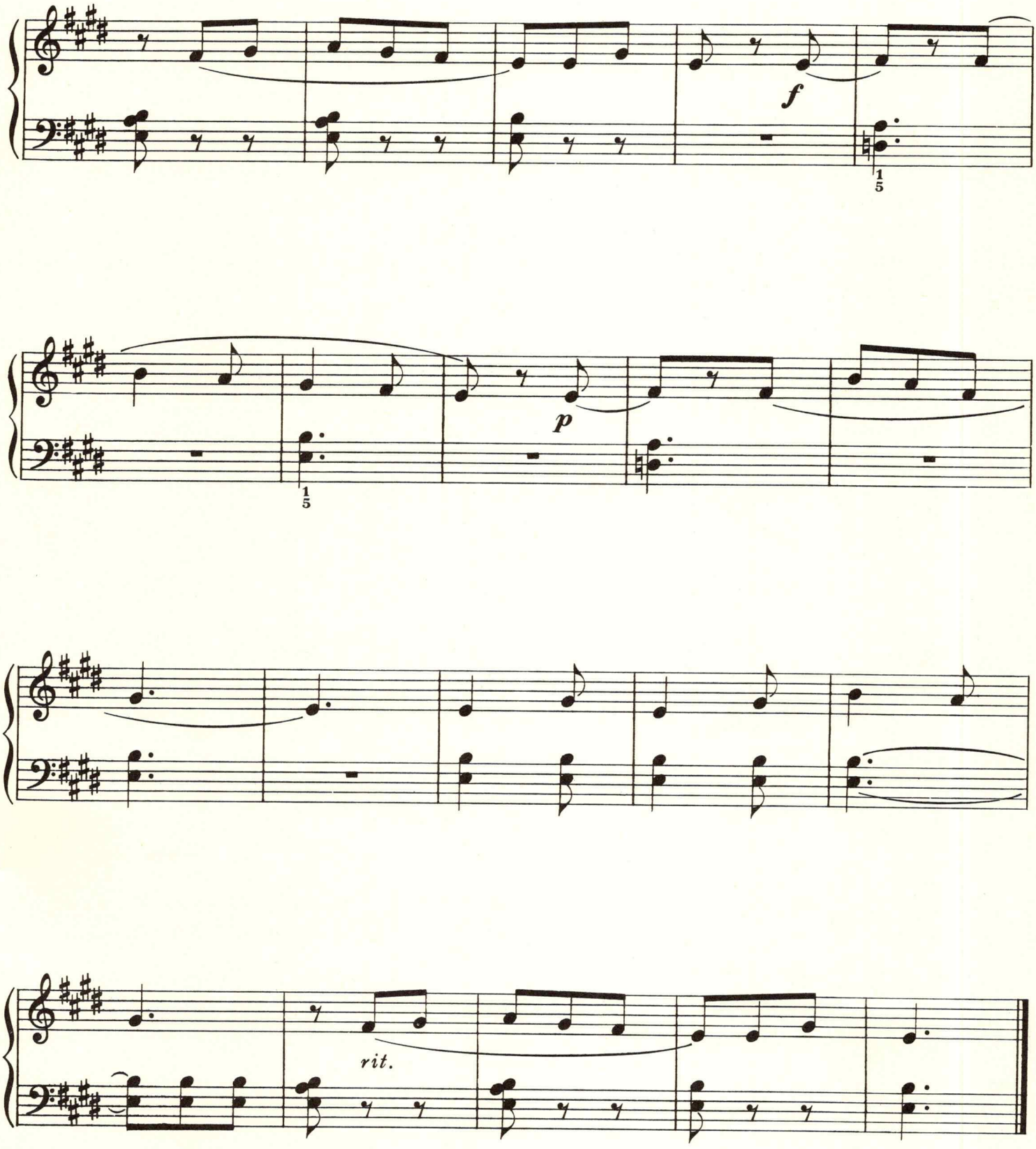
16 Belgian Chantey



17 PETIT CHANSON

French




f
1 5
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1 5
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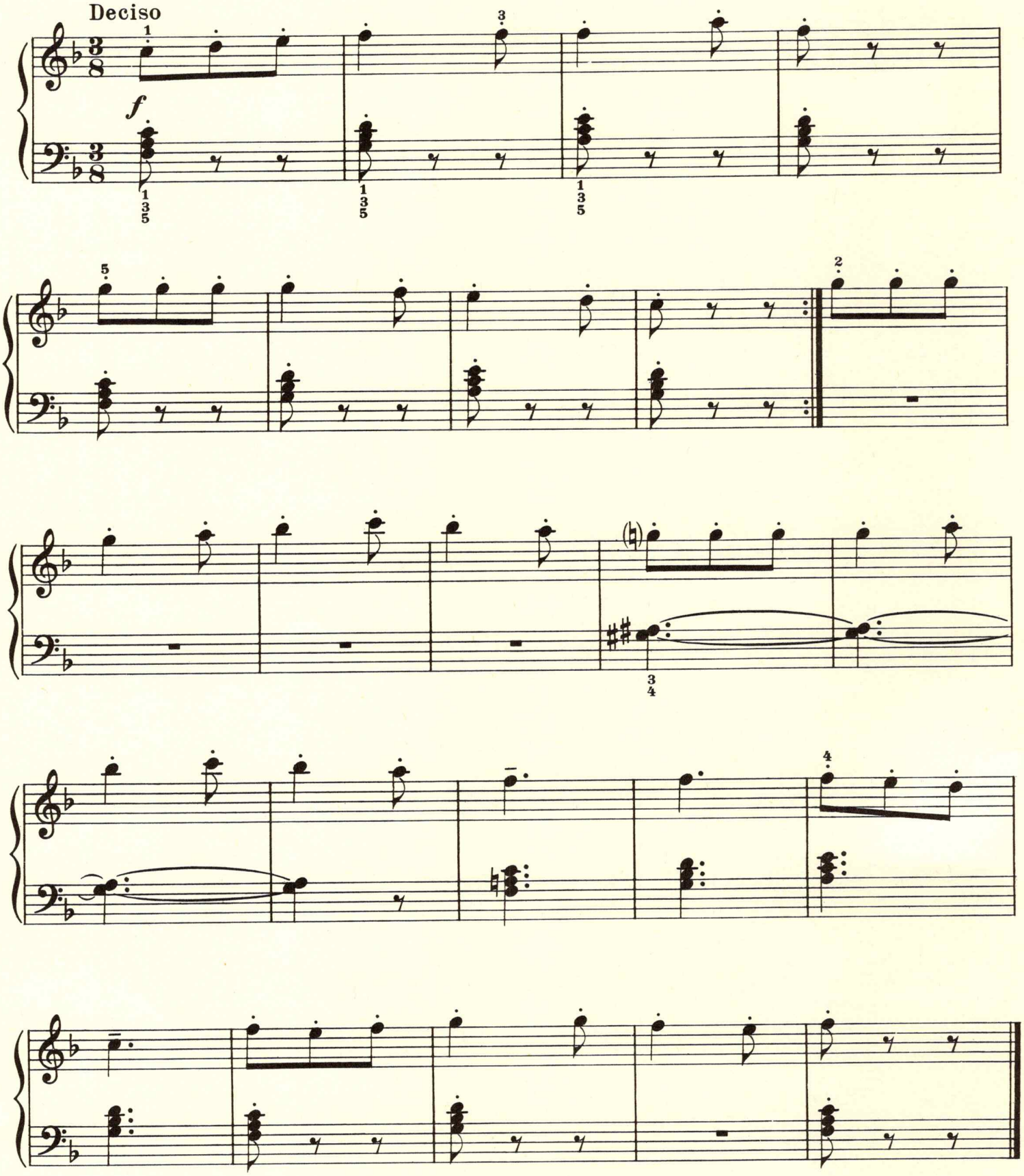
18 CADET ROUSSEL

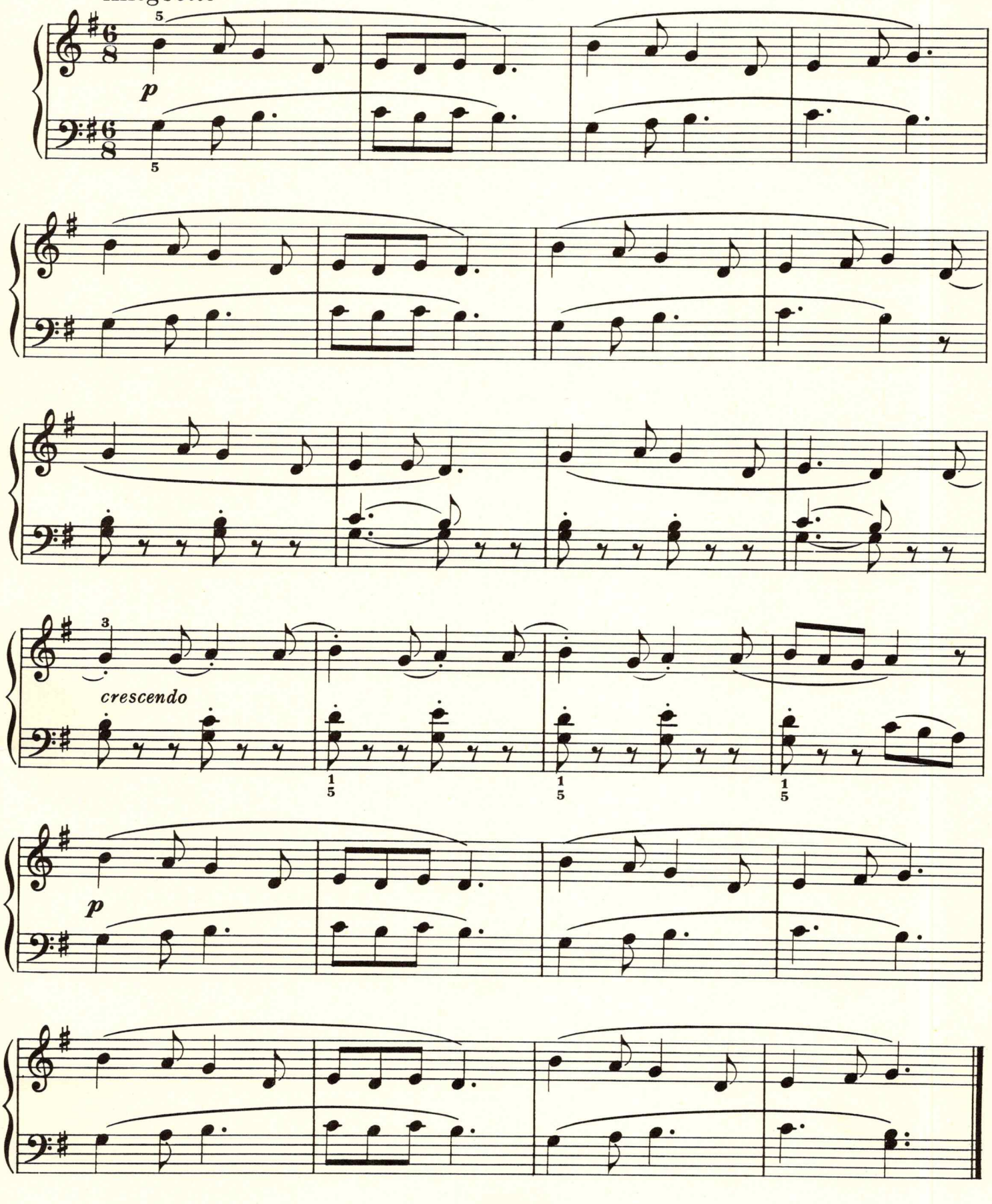
French



19 EN ROULANT MA BOULE

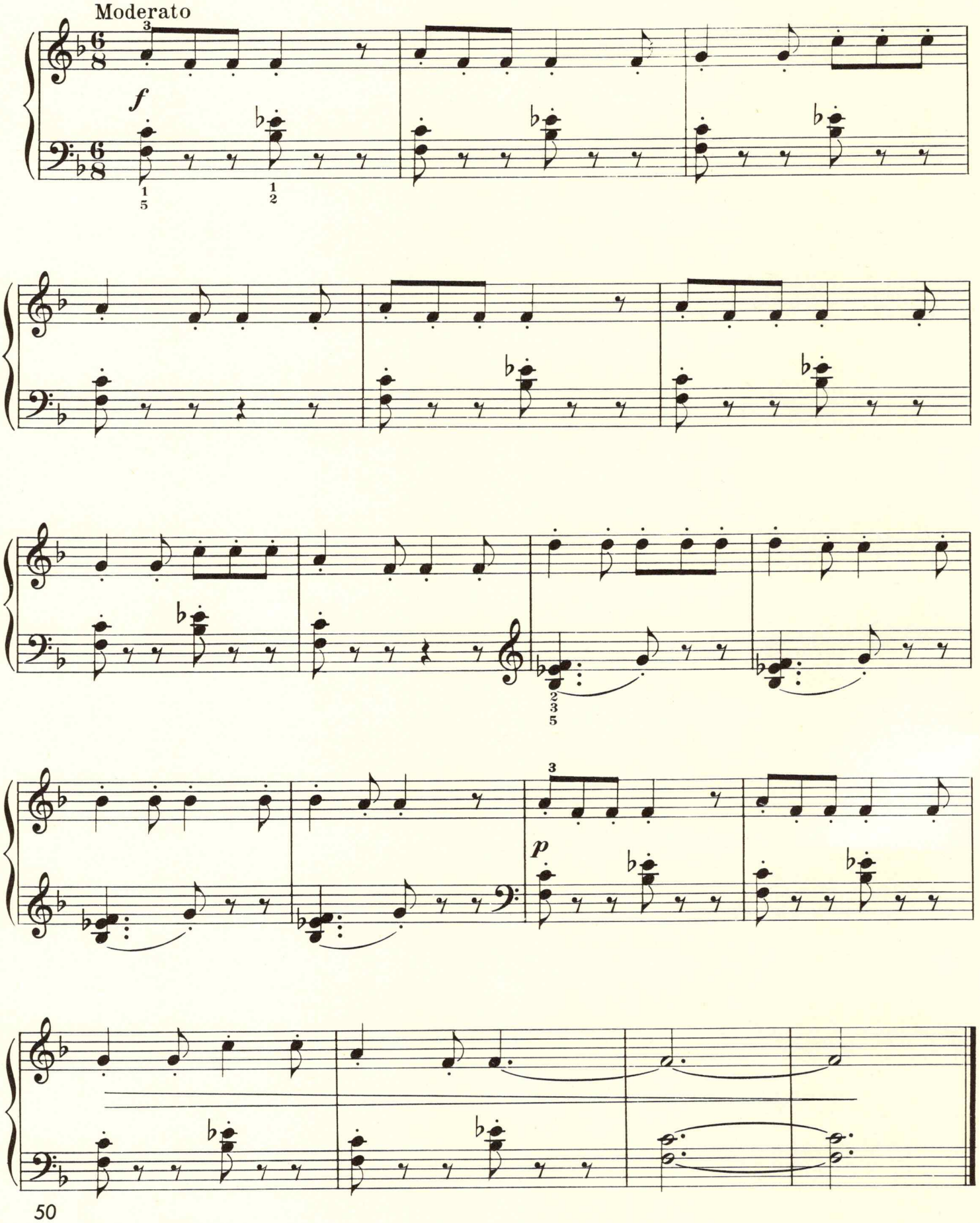
Allegretto

Canadian



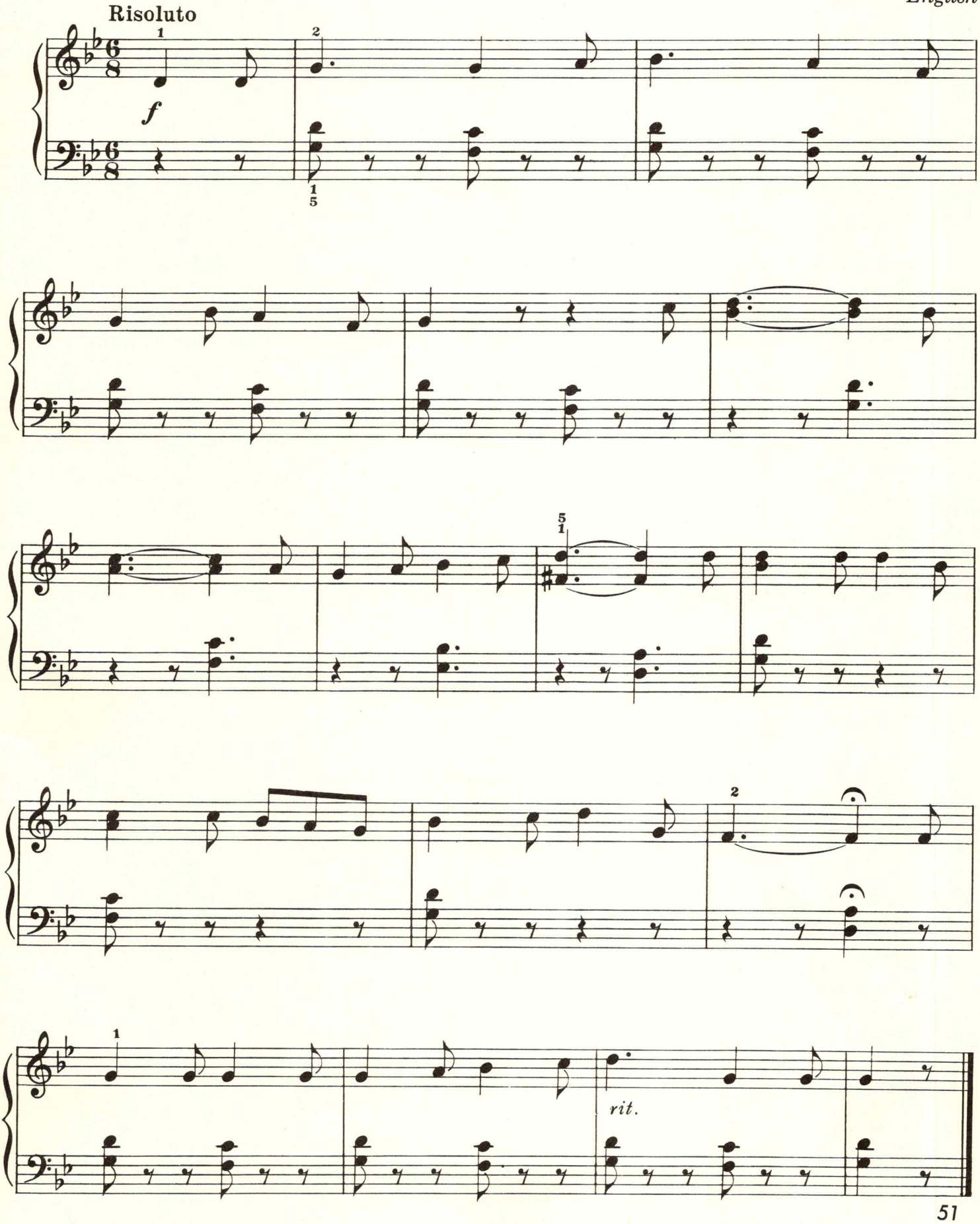
20 FIDDLE-DEE-DEE

English



21 The Coasts of High Barbary

English

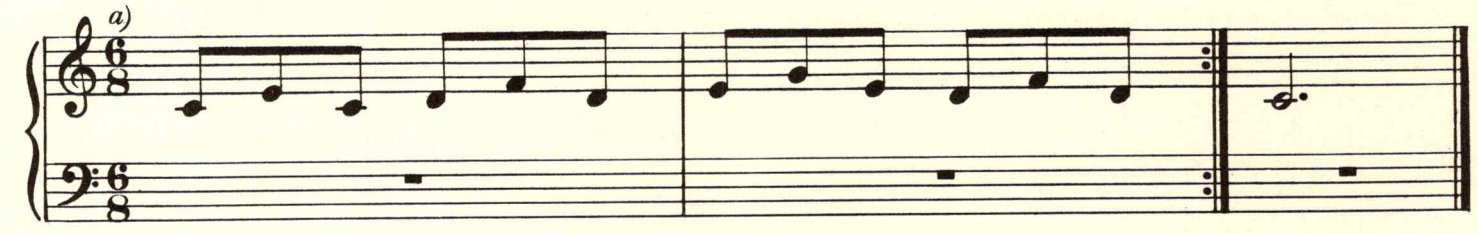


EXERCISES

1

also staccato

a)



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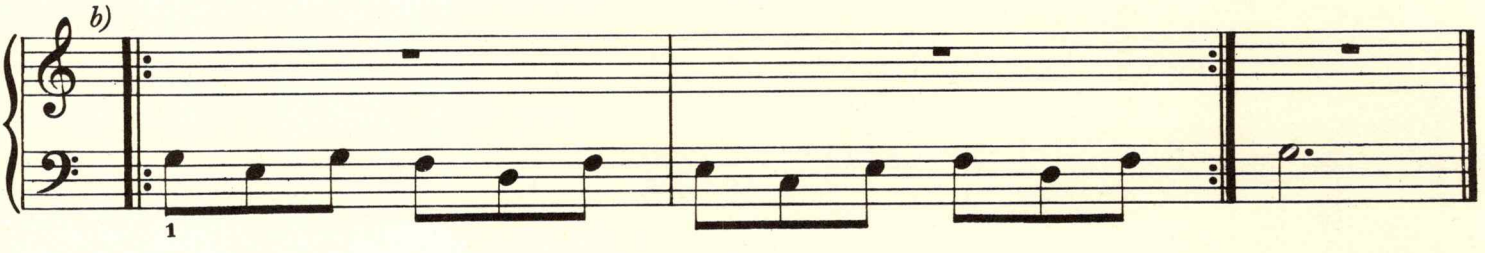
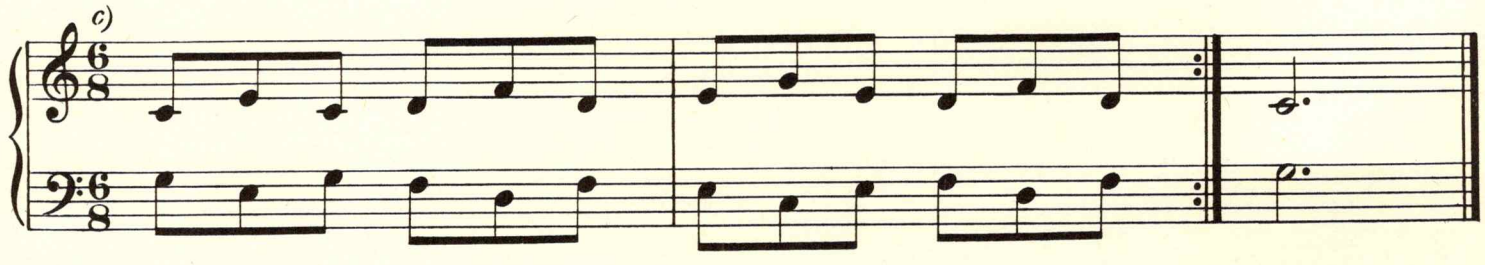
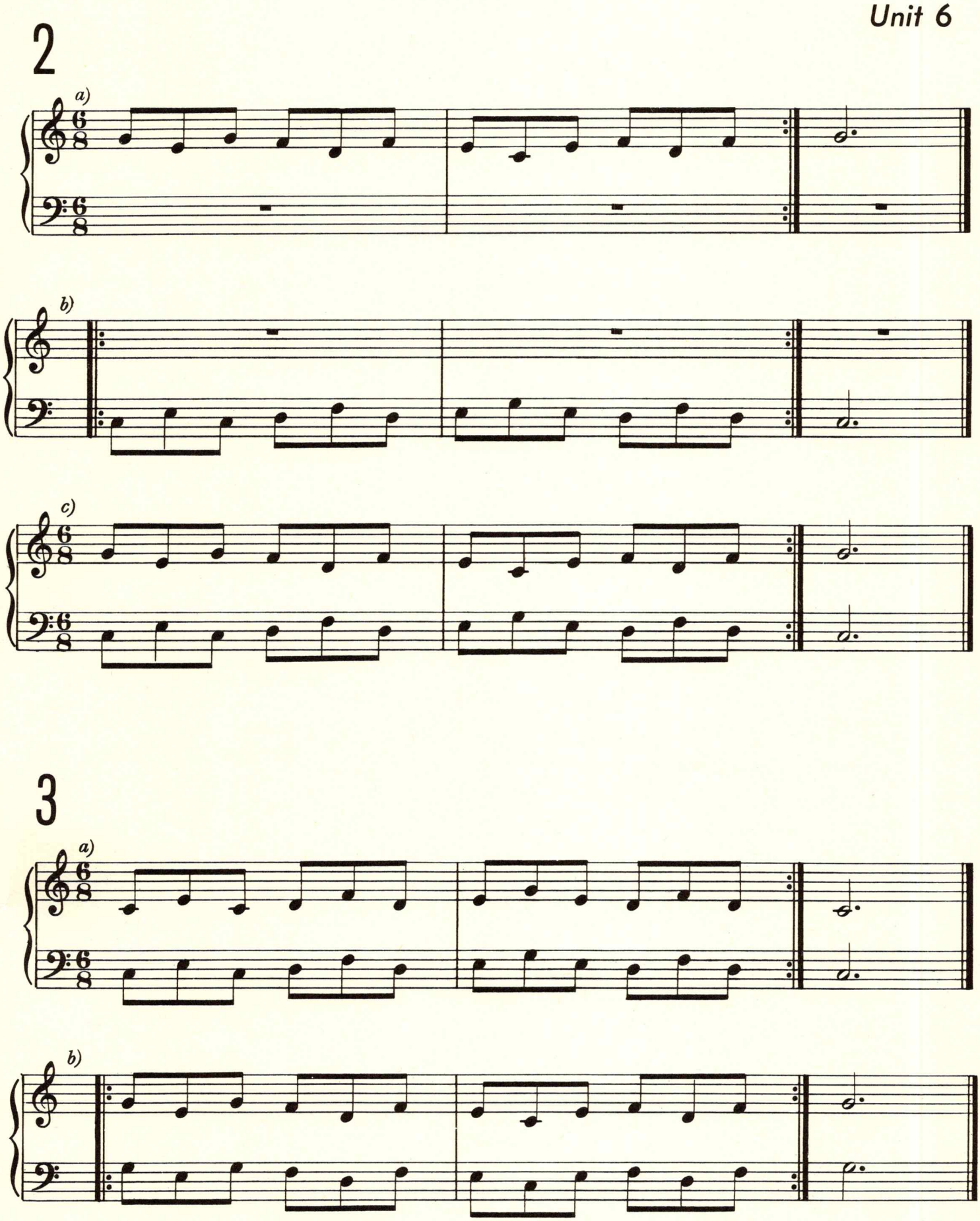
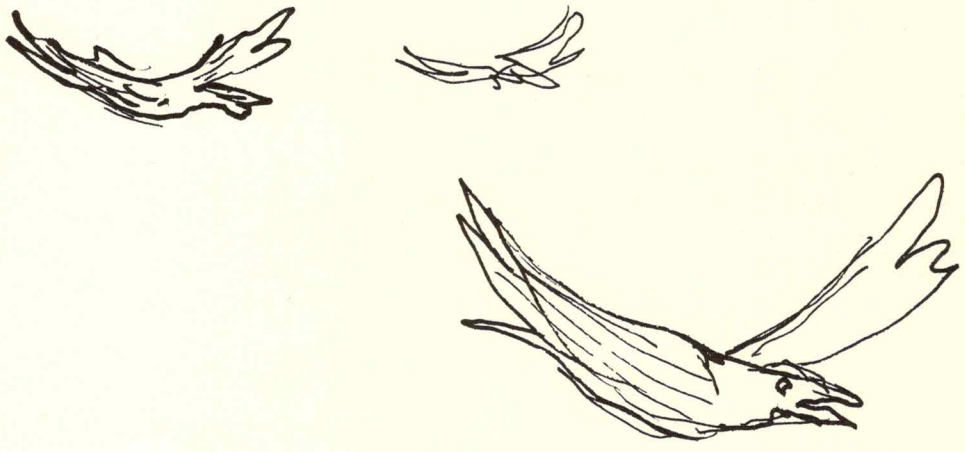


c)




2
a)
b)
c)
3
a)
b)



BOOK 3

Units 5 and 6

Wilson

BOOK 4

Units 7, 8 and 9

SOUNDS and SHAPES

by Paul Sheftel

THE INTERNATIONAL LIBRARY OF PIANO MUSIC

Book 4

Units 7, 8 and 9

SOUNDS and SHAPES

by Paul Sheftel

THE UNIVERSITY SOCIETY, Inc.
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Note: From *Unit 7* onward, certain songs have been joined in order to create longer forms. In some instances, one song follows another without transition; in a few cases, short transition sections have been composed. The teacher and student may decide for themselves whether to play individual songs in these groups, or to play entire groups as a single composition.

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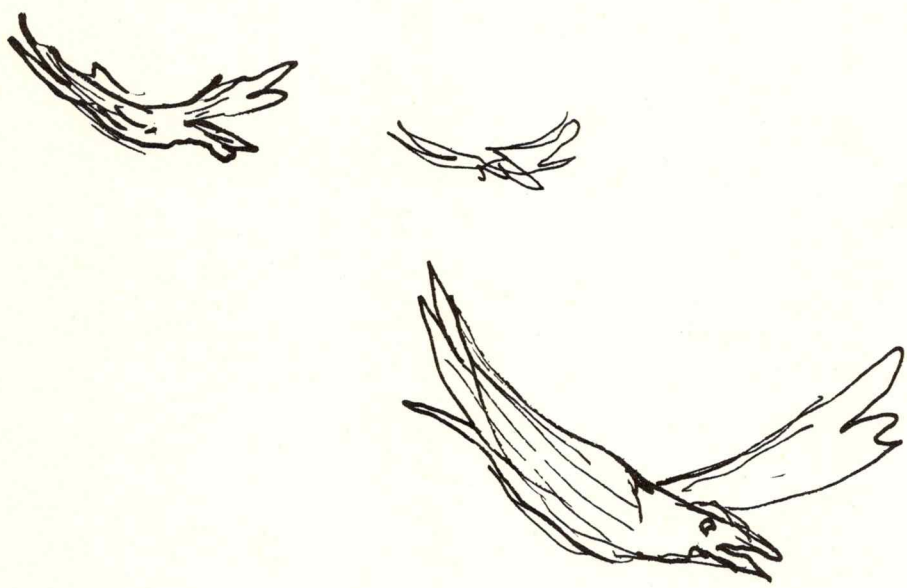
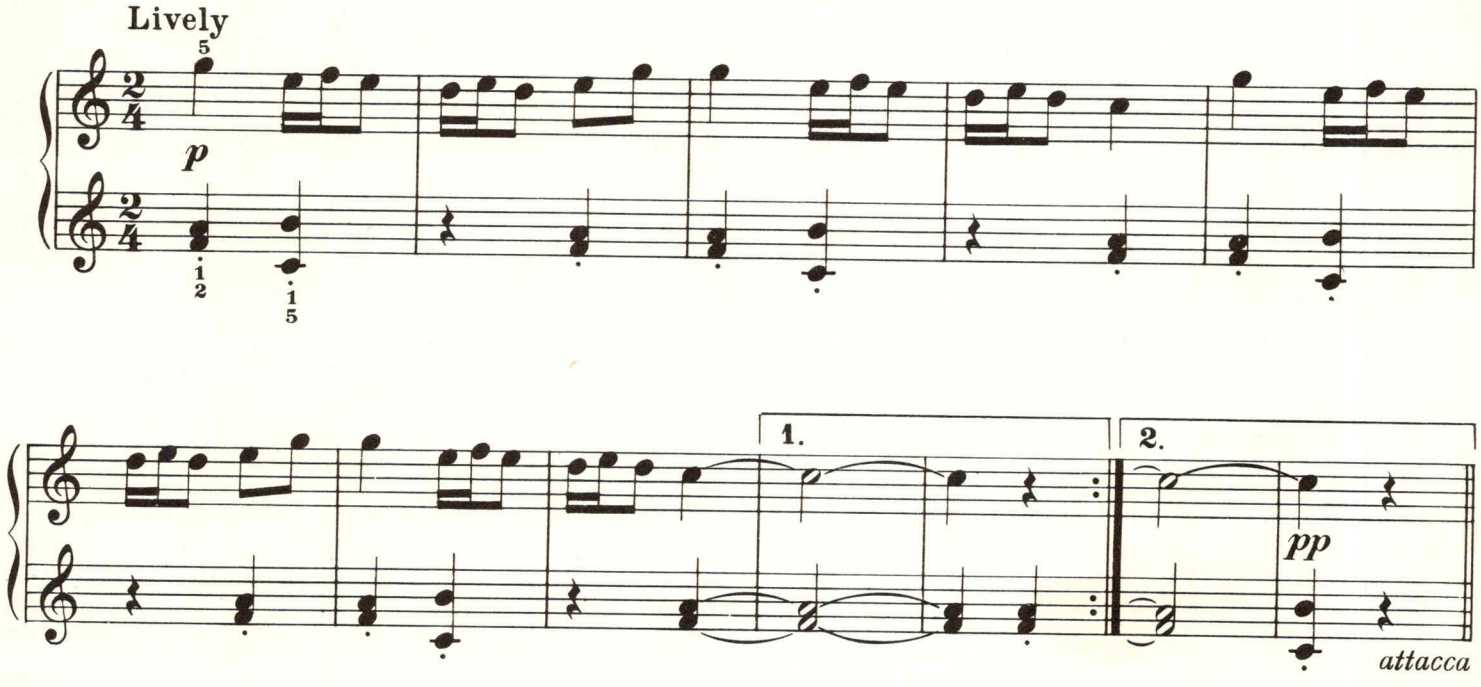
UNIT 7



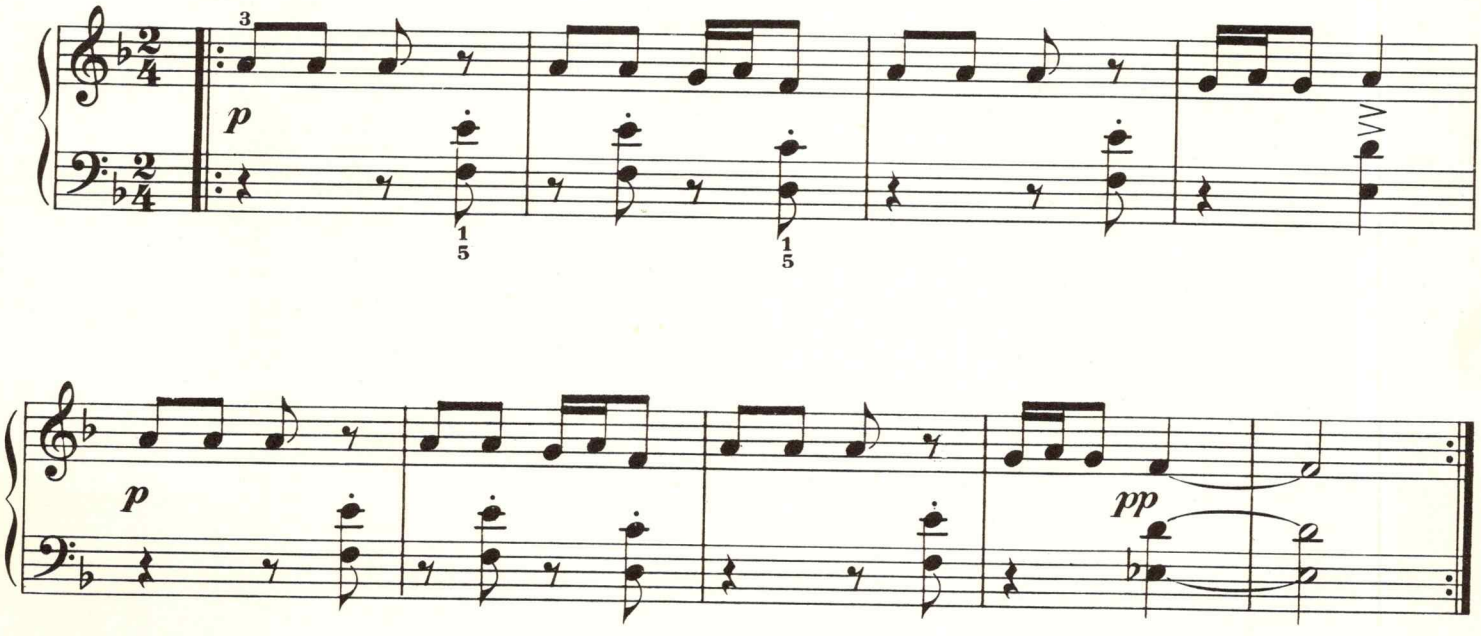
Jim Along Josie

1 Two American Folk Songs

Jim Along Josie

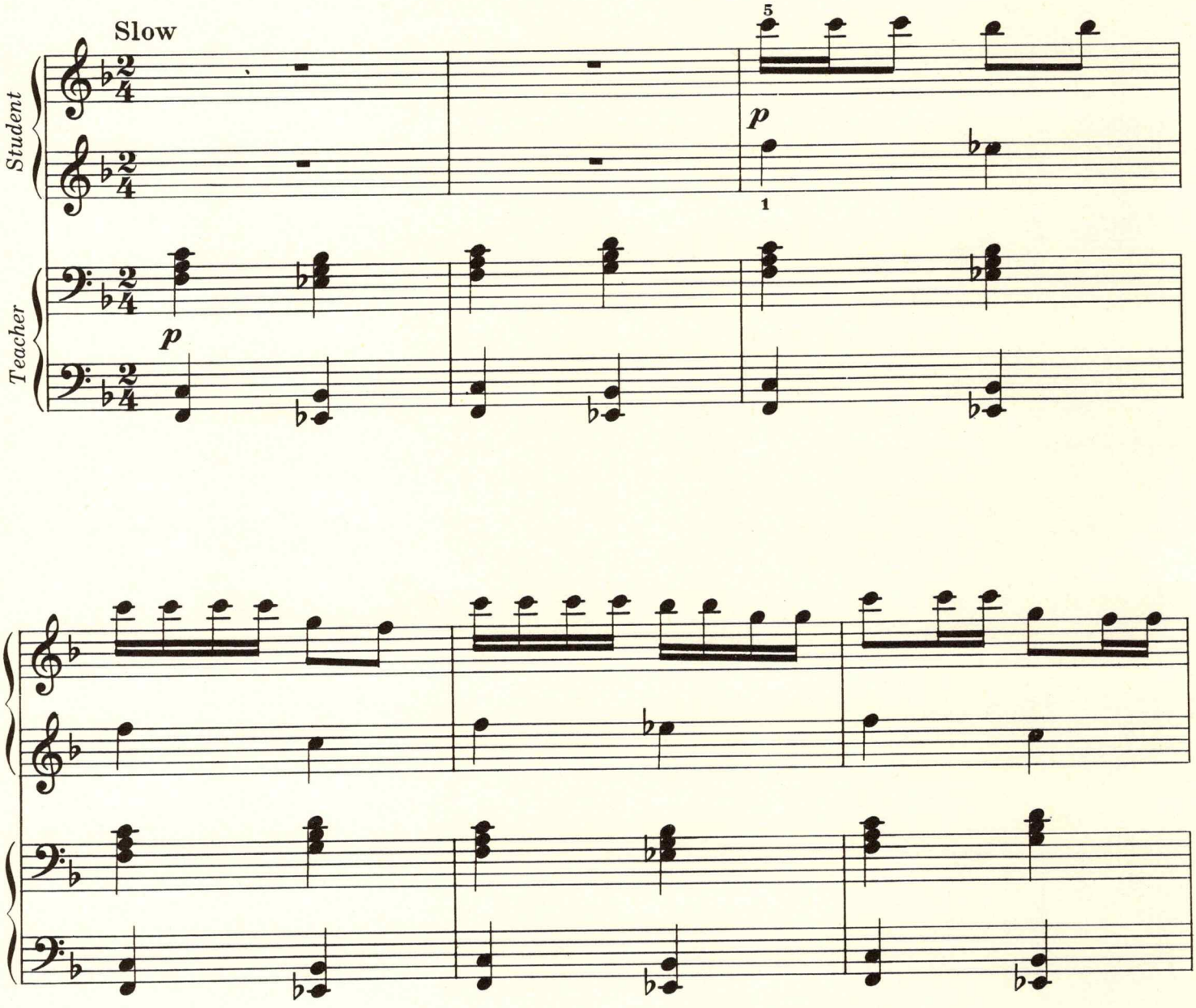


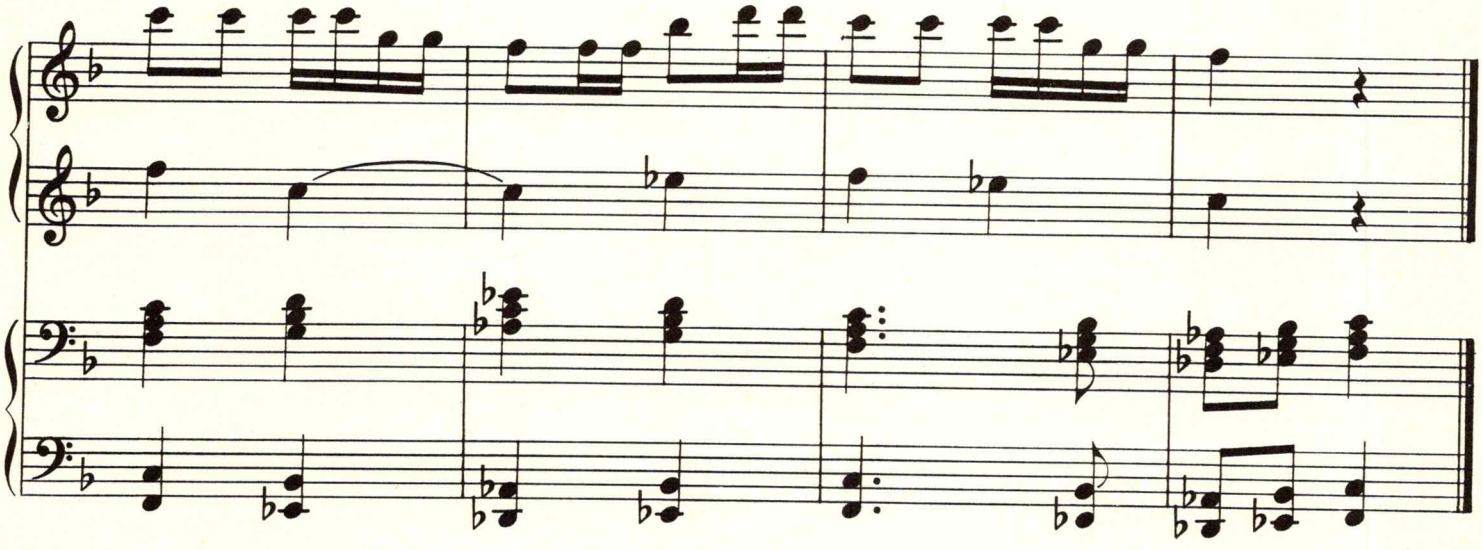
Hop Old Squirrel



2 Old Chisholm Trail

Cowboy Song





Come along boys, and listen to my tale,
I'll tell you all my troubles on the old Chisholm Trail.

Refrain:

Come a ti-yi- yippy yippy yay, yippy yay
Come a ti-yi- yippy yippy yay.

I started up the trail October twenty-third,
I started up the trail with the 2-U herd.
Refrain

On a ten-dollar horse and a forty dollar saddle,
I'm goin' to punchin' Texas cattle.
Refrain

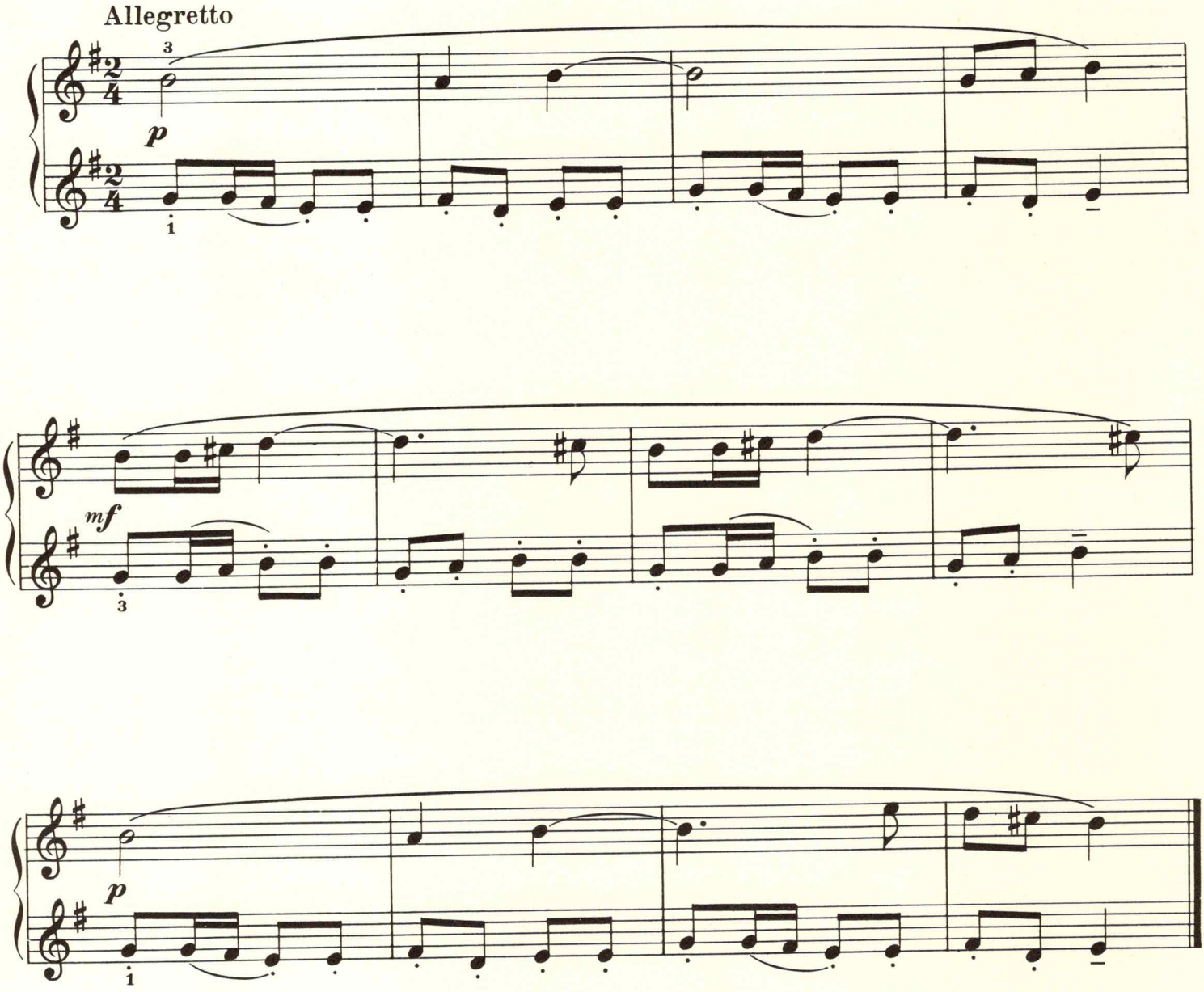
I'm up in the mornin' afore daylight,
And 'fore I sleep the moon shines bright.
Refrain

Oh! it's bacon and beans 'most every day,
I'd as soon be a-eatin' prairie hay.
Refrain

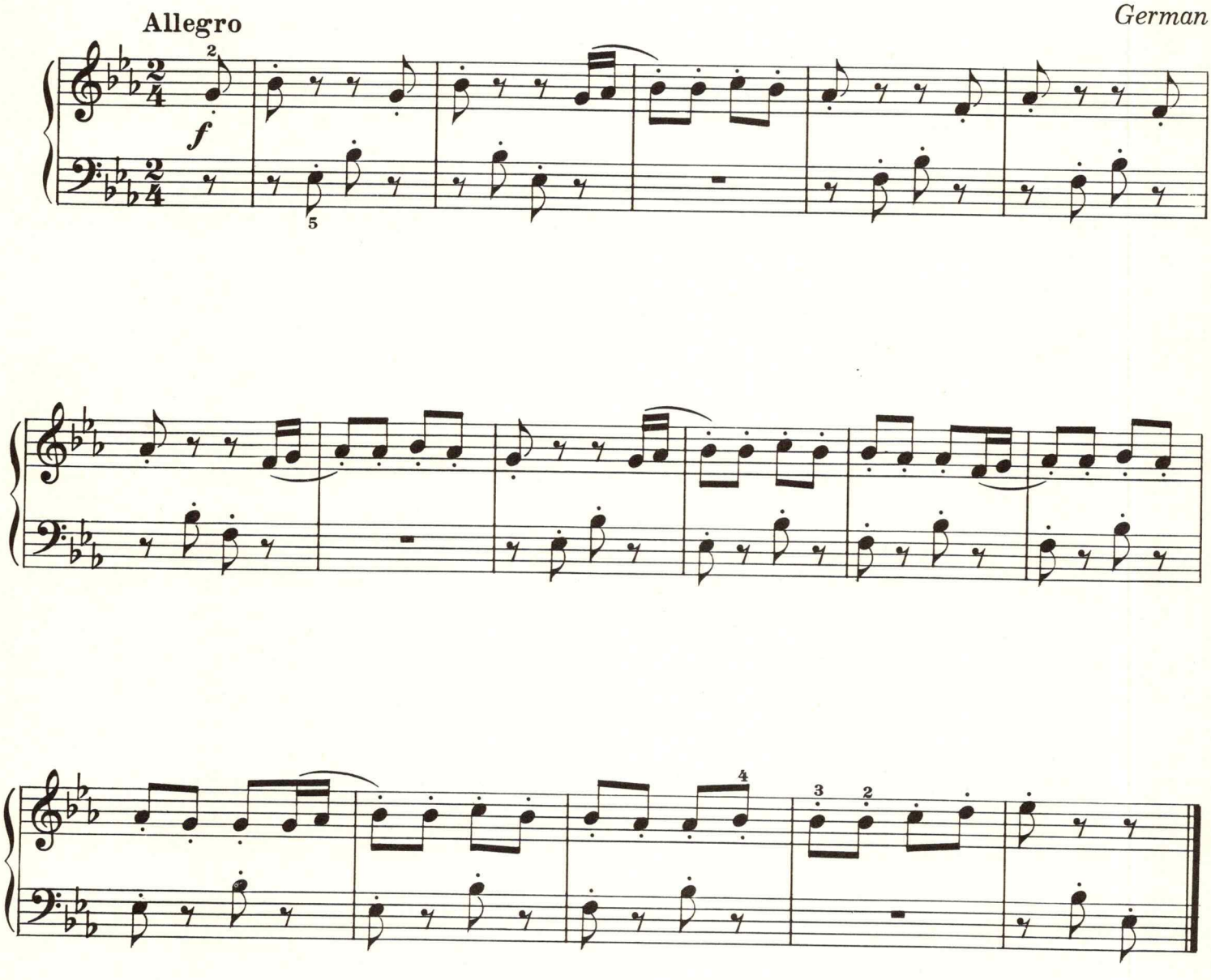
I went to the boss for to draw my roll,
He had me figgered out nine dollars in the hole.
Refrain

With my knees in the saddle and my hat in the sky,
I'll quit punchin' cows in the sweet bye and bye.
Refrain

3 Flemish Folk Song

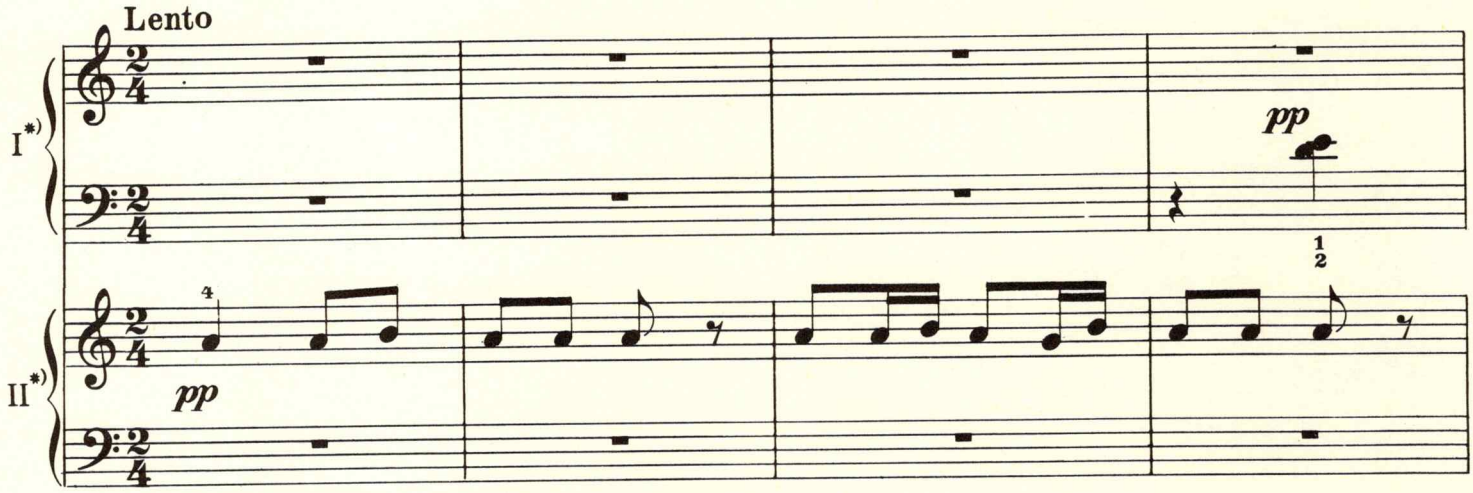


4 Wedding Song

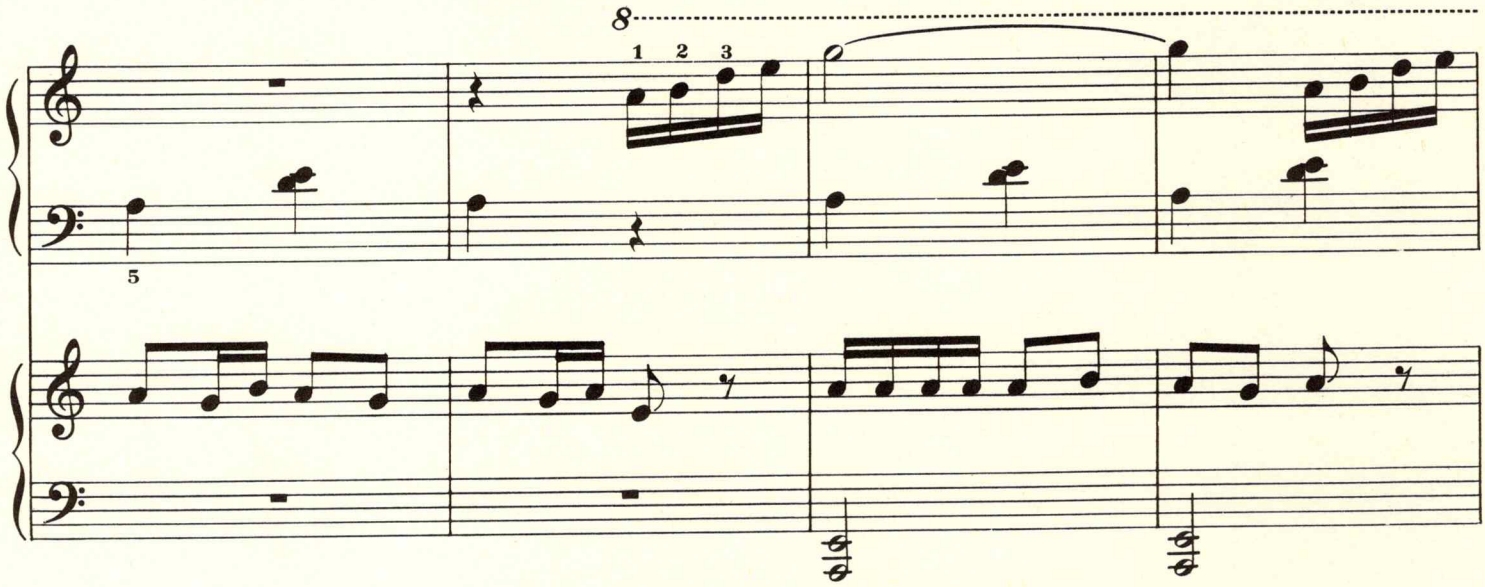


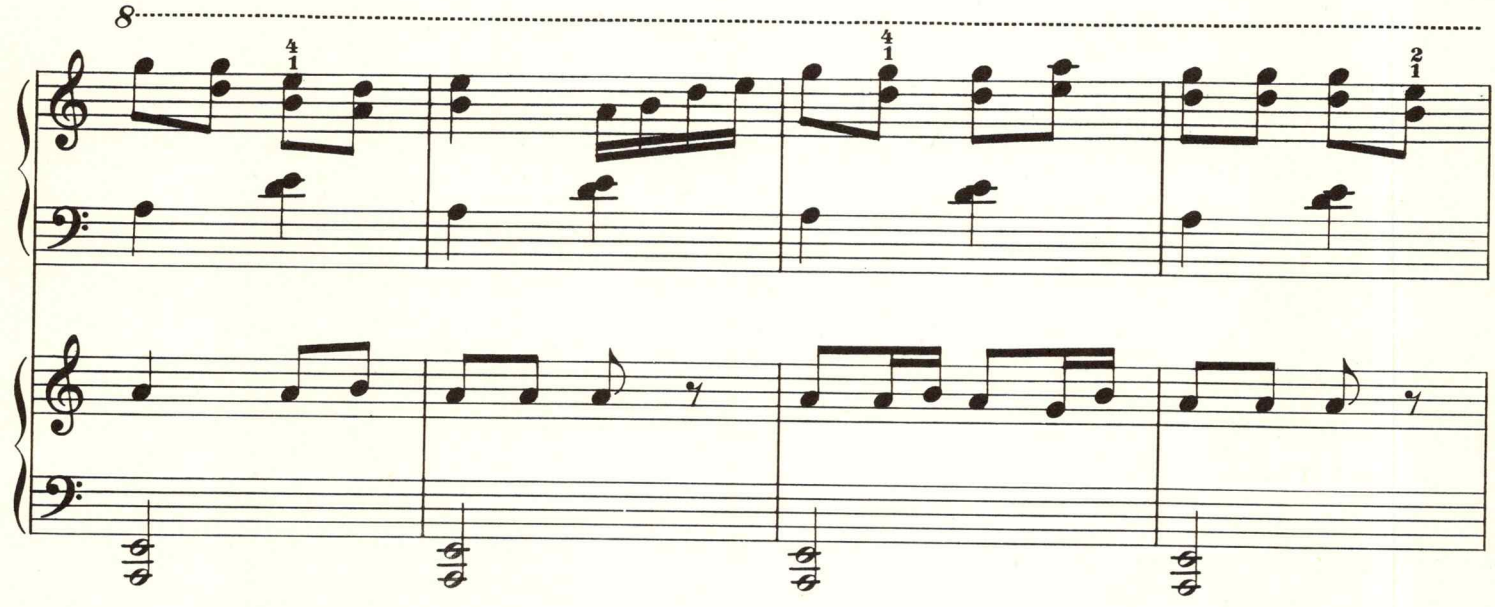
5 KAGOME

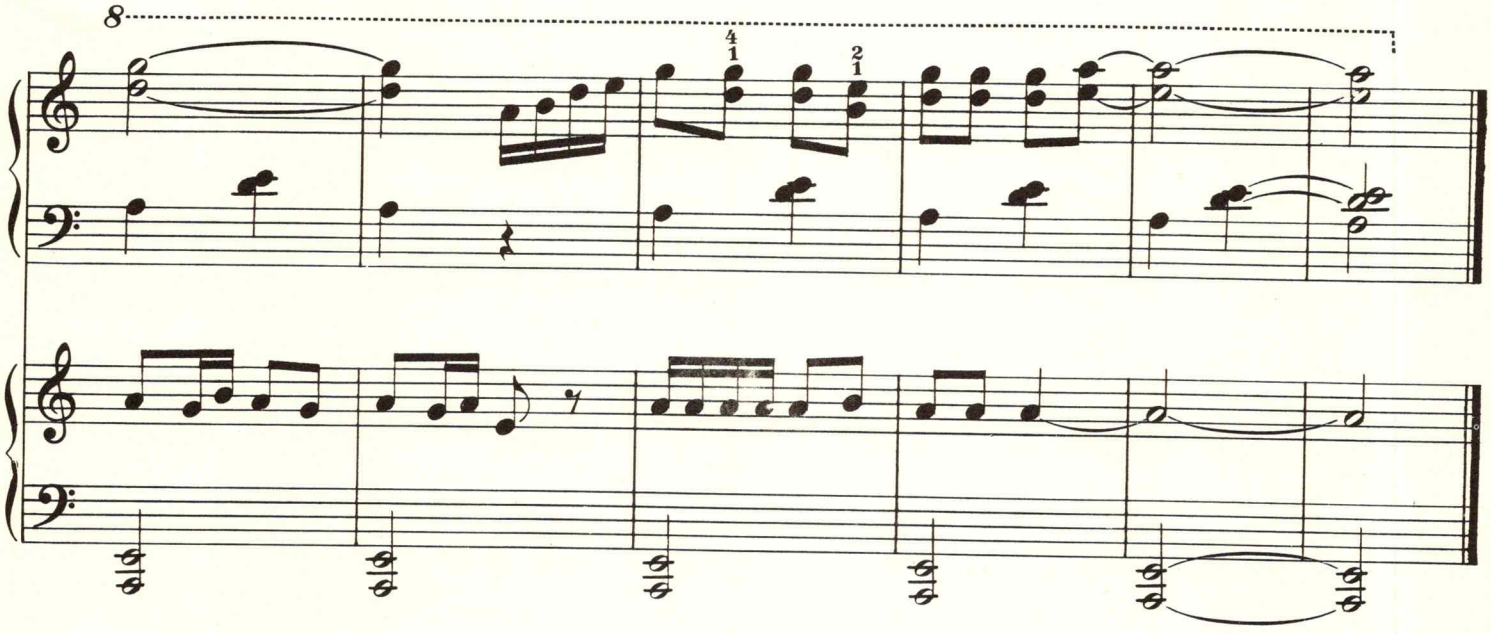
Japanese



Hold both sustaining and una corda pedals throughout.
**) Student plays either I or II. Left hand of I crosses over right hand of II.*

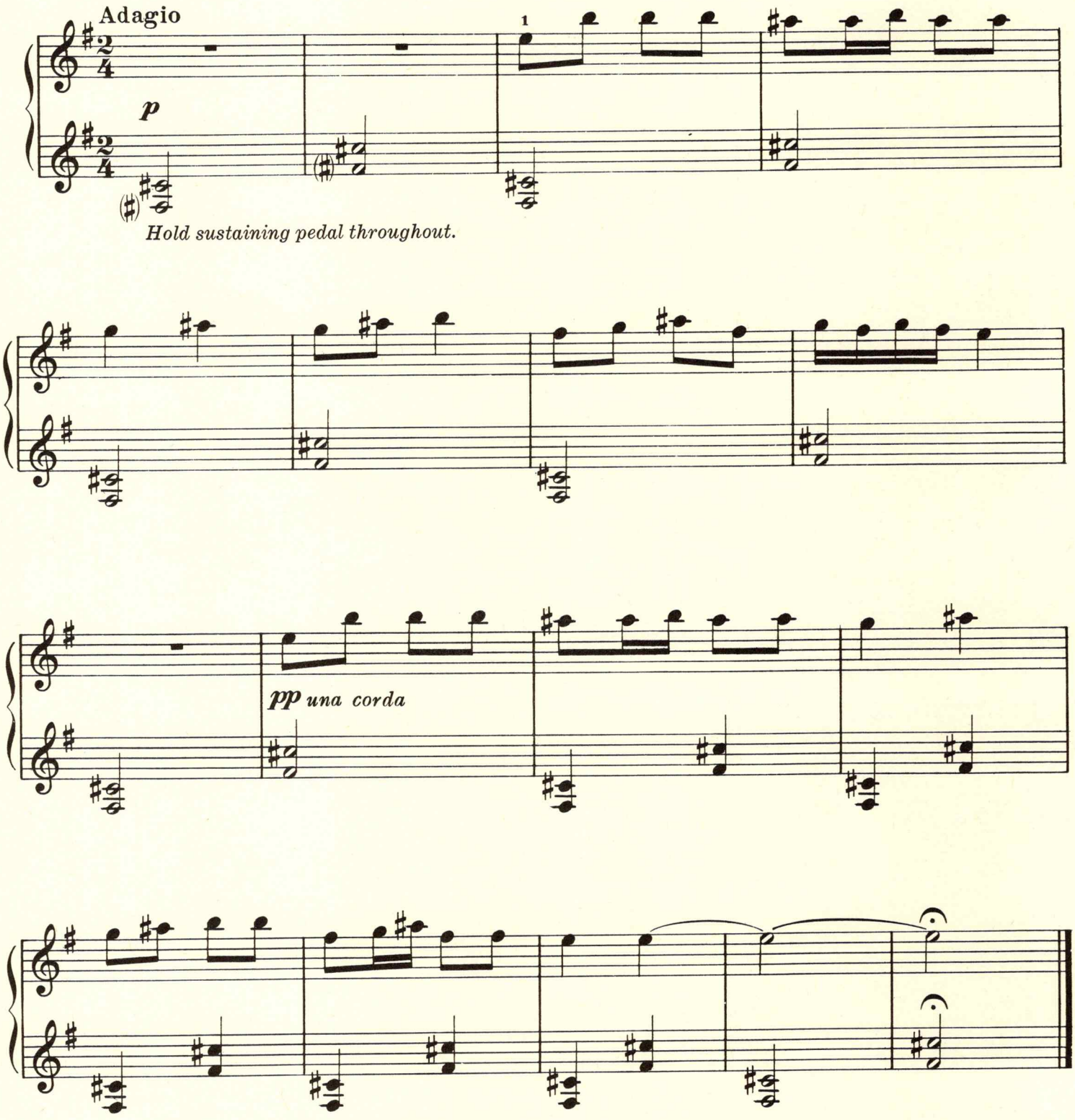




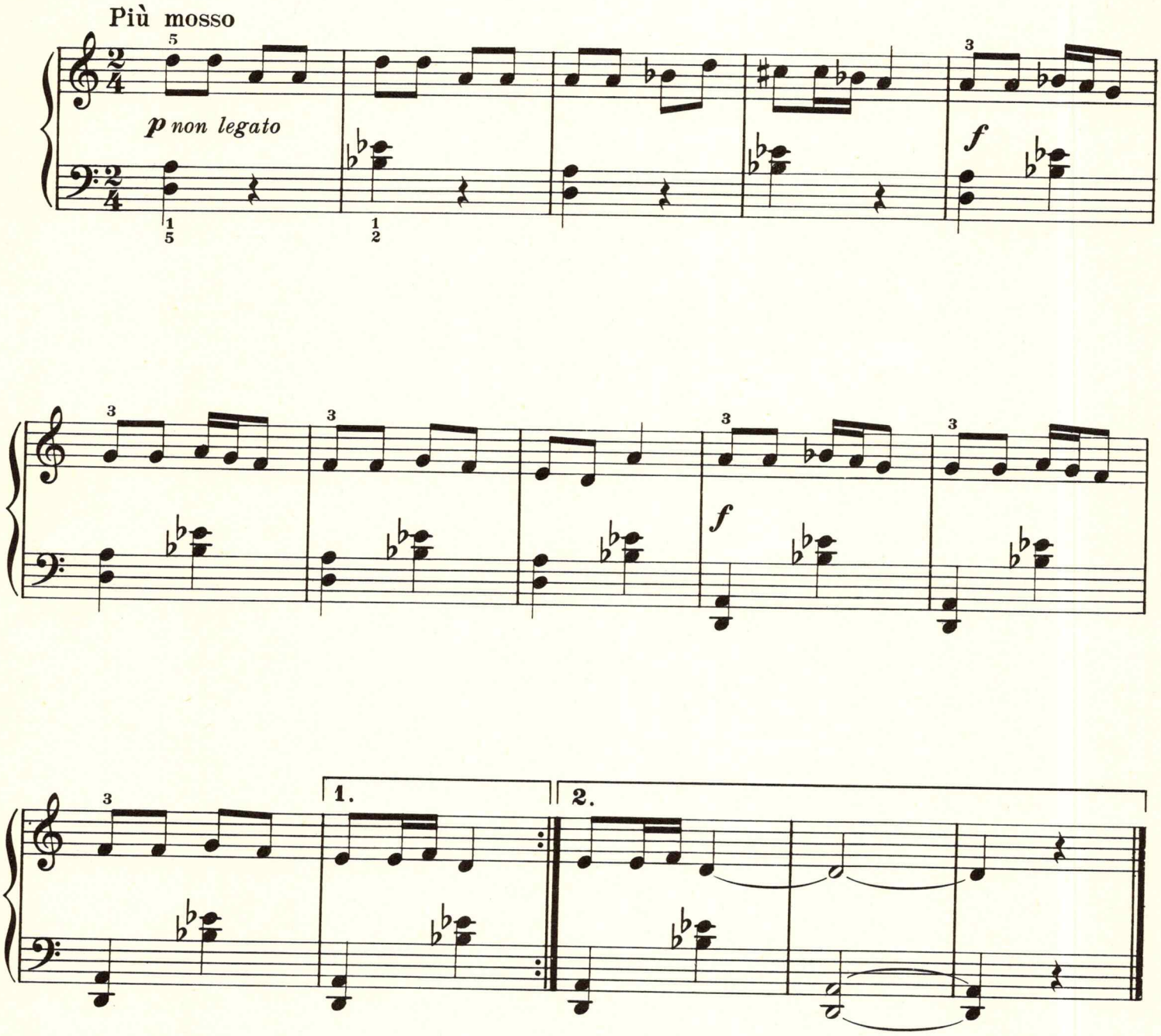


6 Two Arabian Folk Songs

A la Dolona

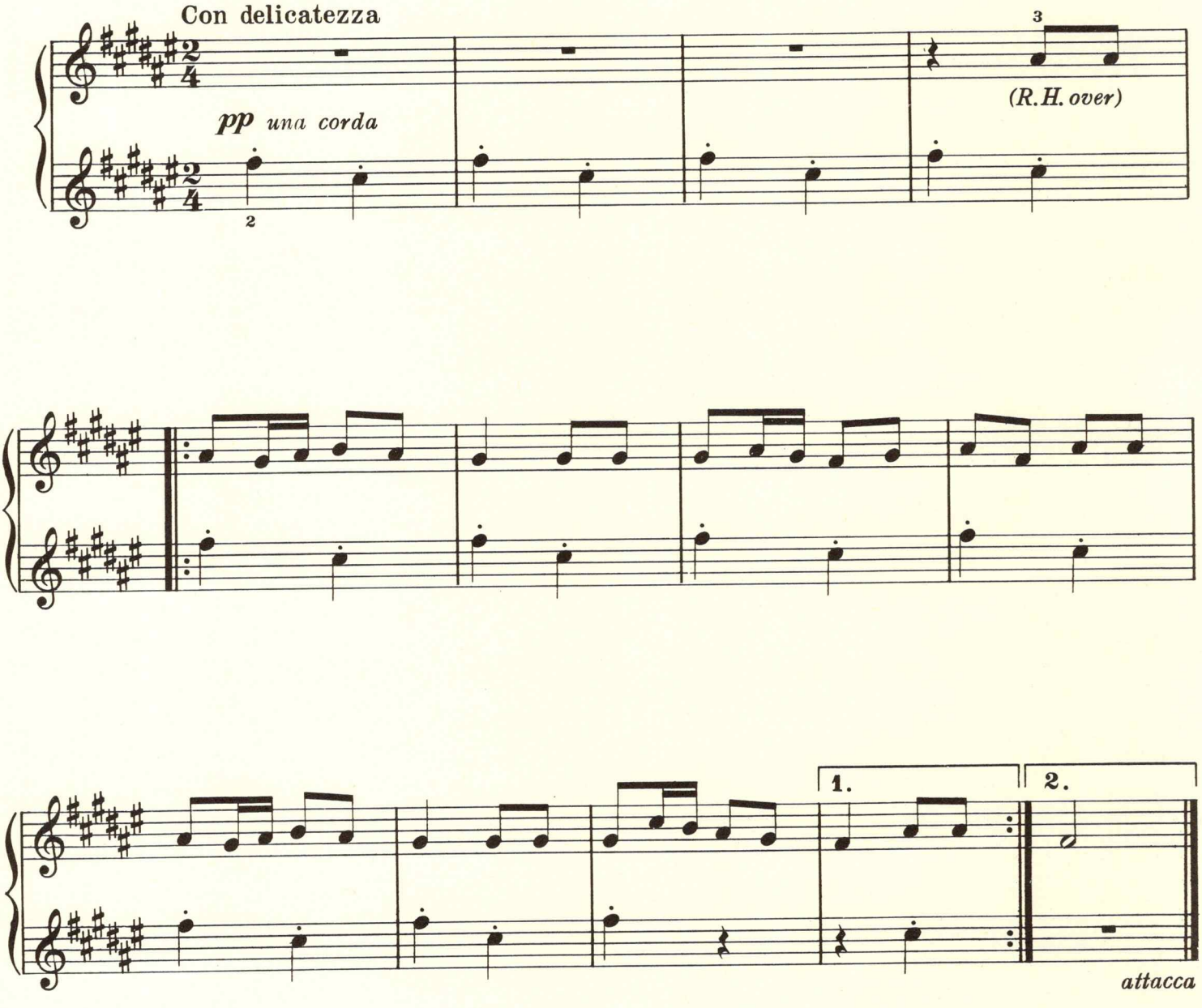


Taffta Hindi

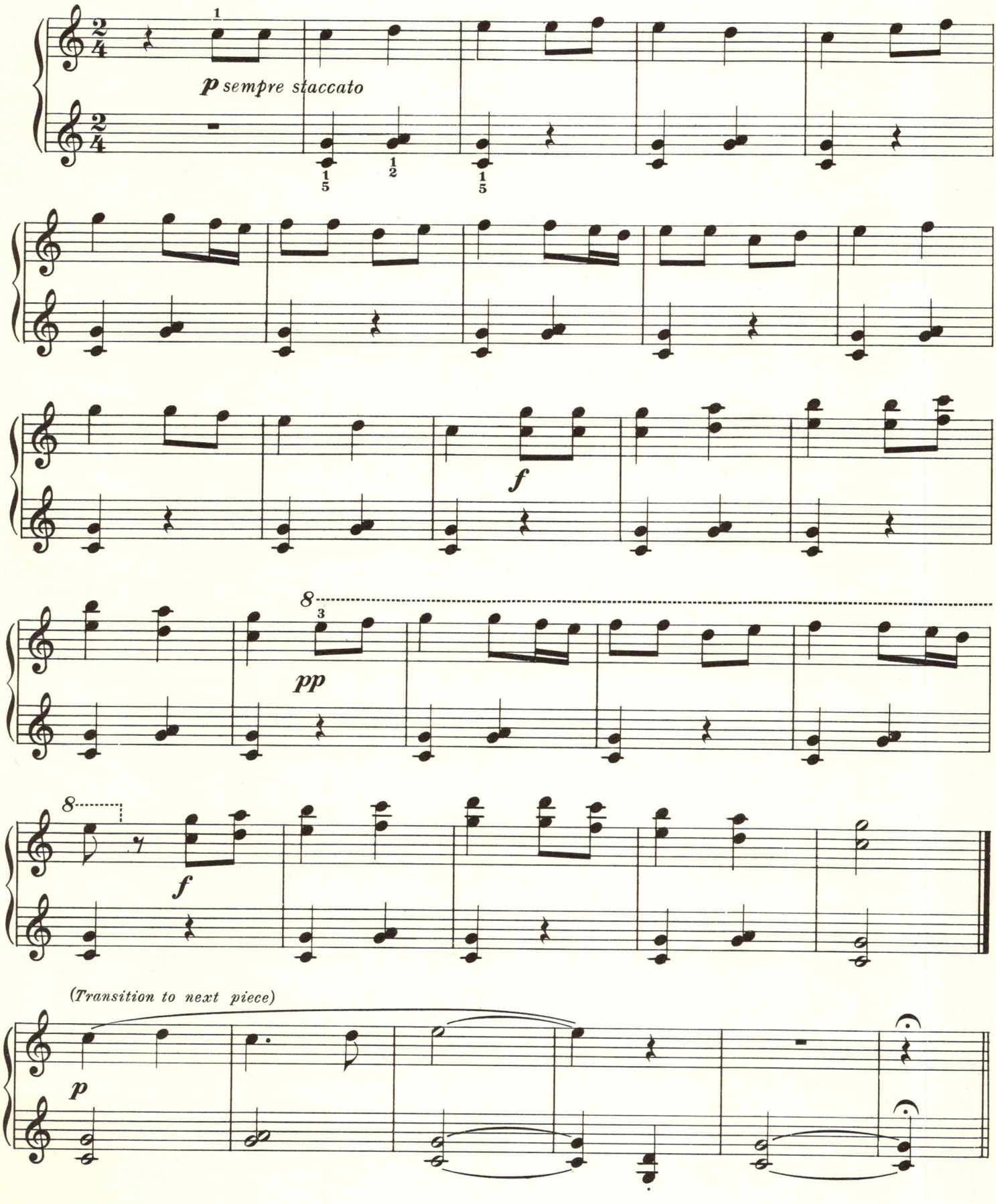


7 Three French Folk Songs

Fais dodo



A la volette



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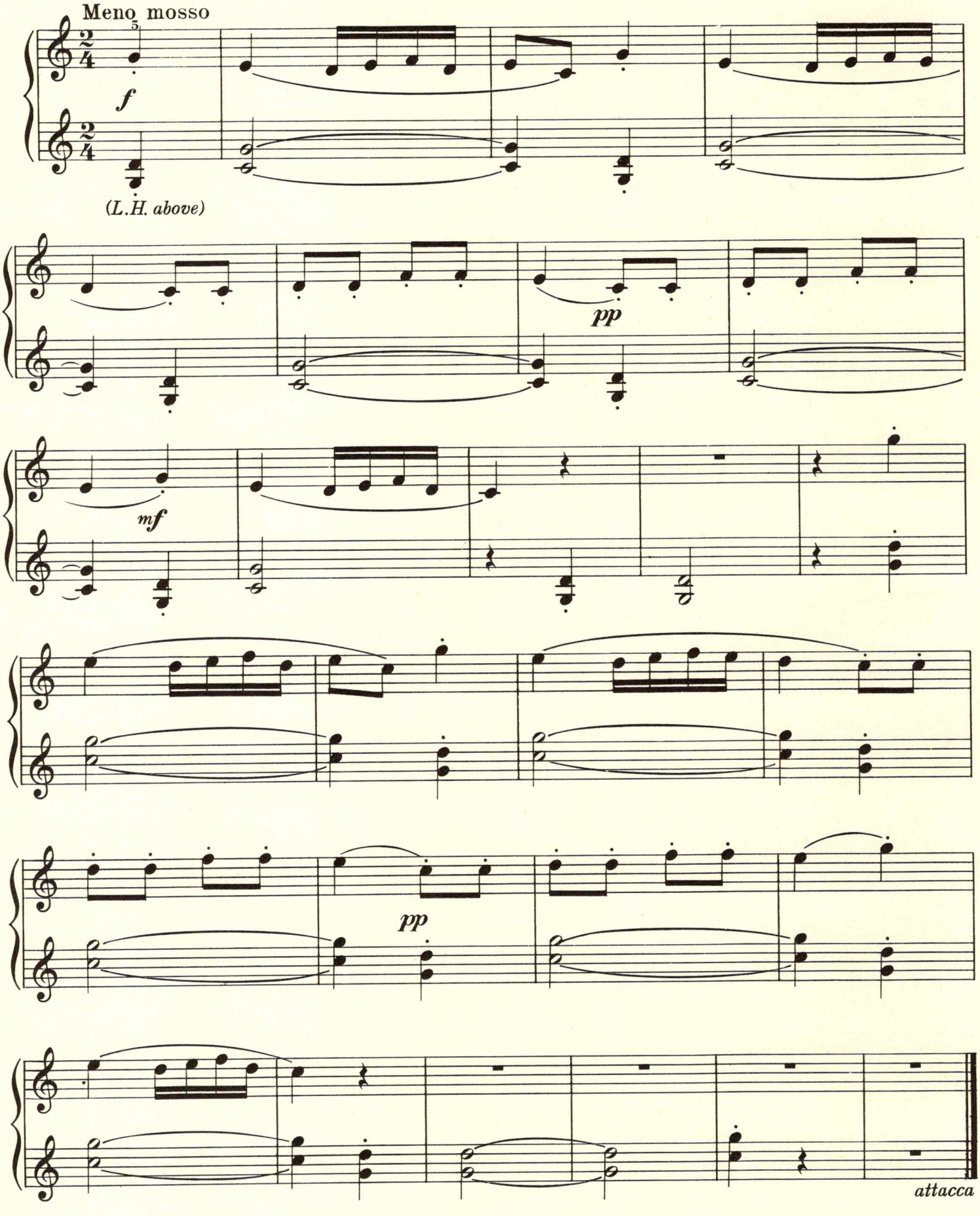

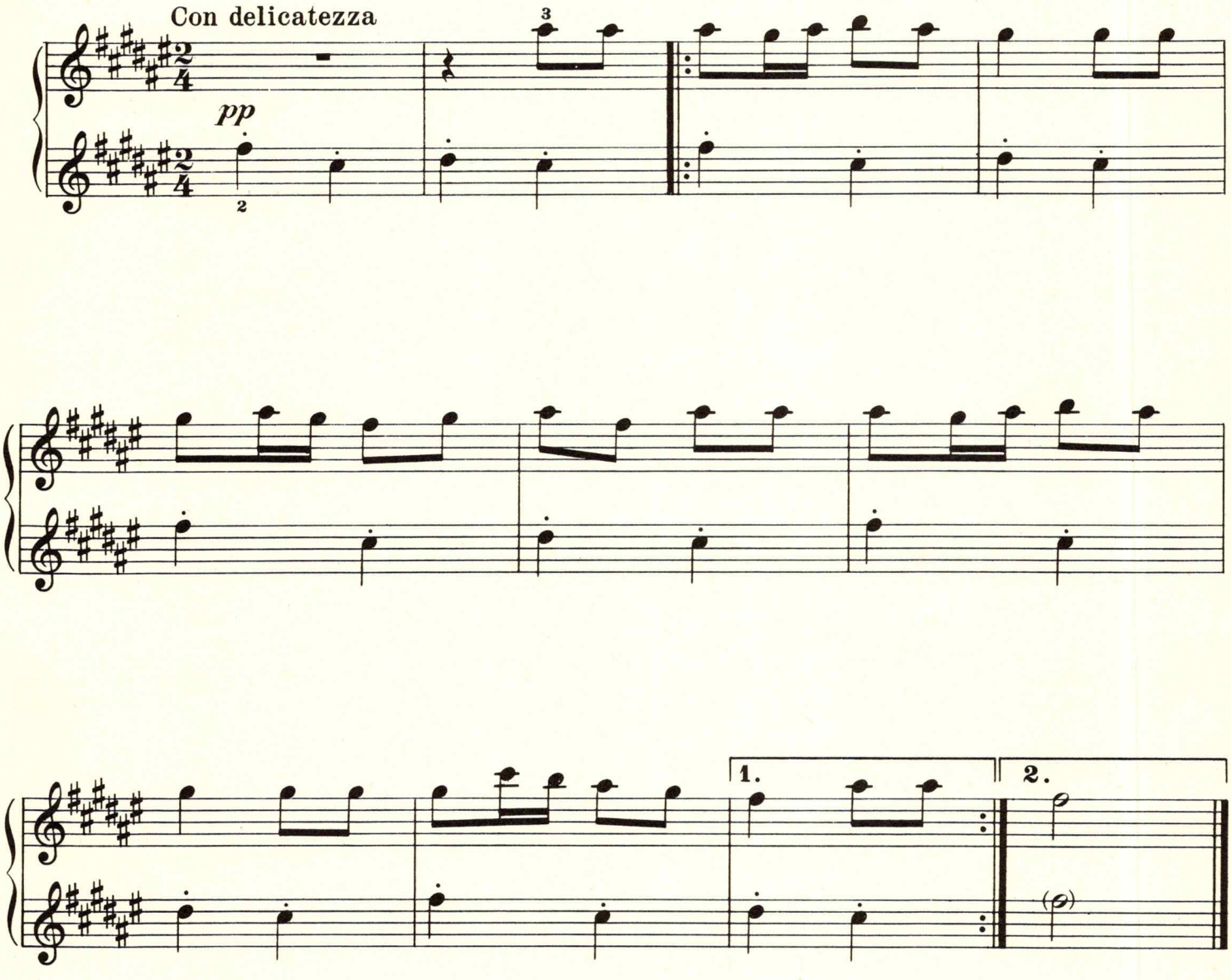
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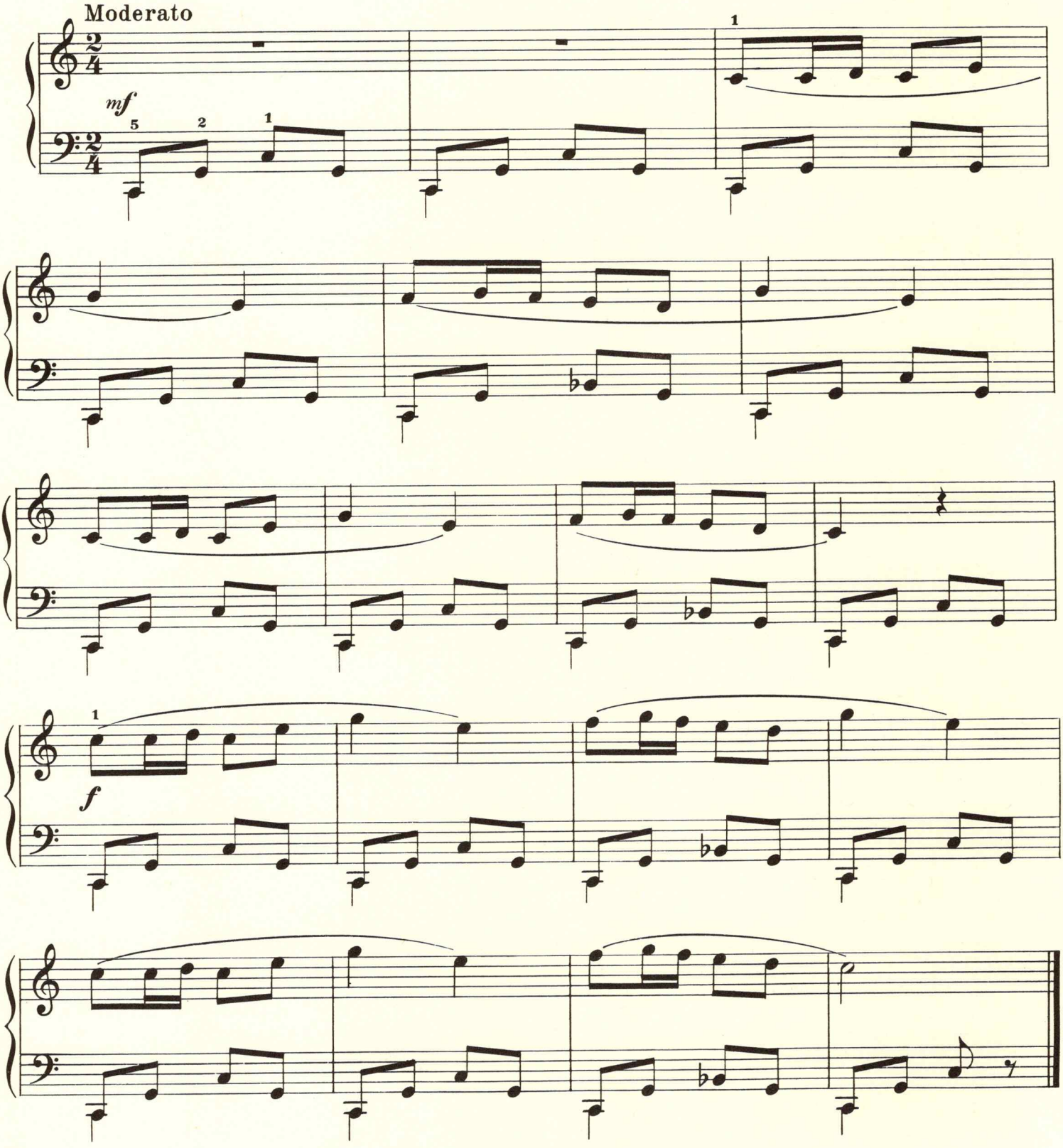
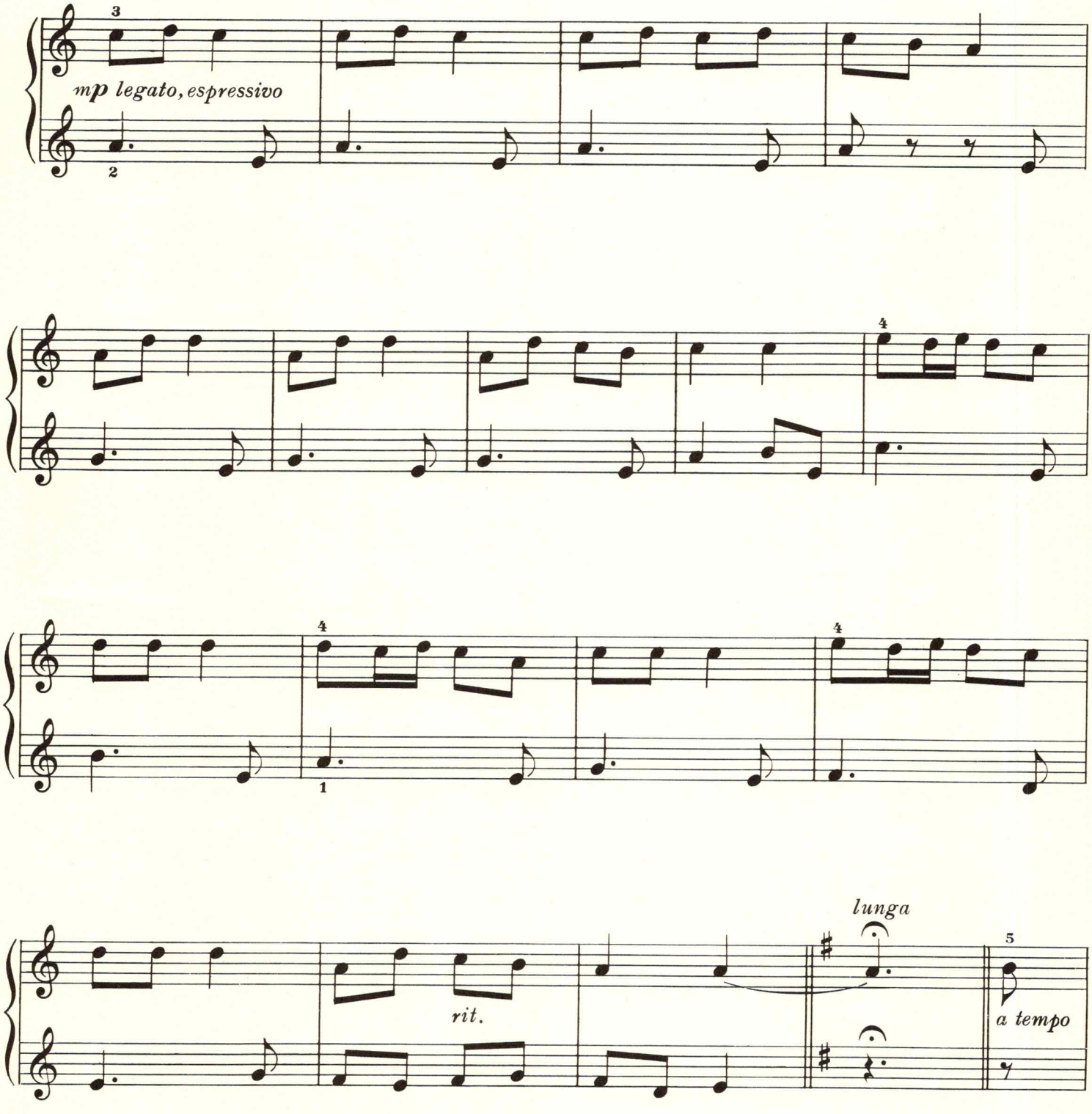
8 Three Israeli Dances

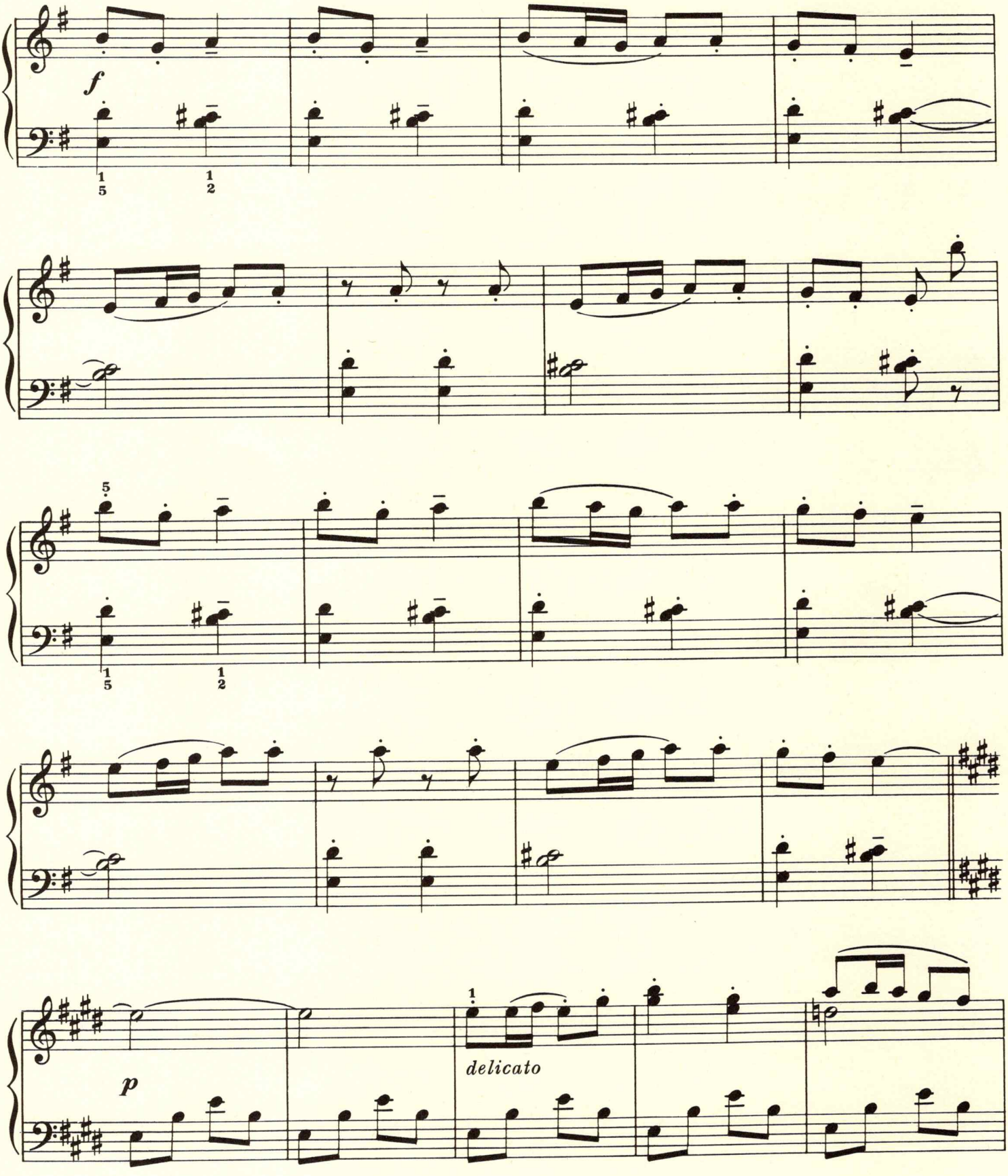
Ari ara

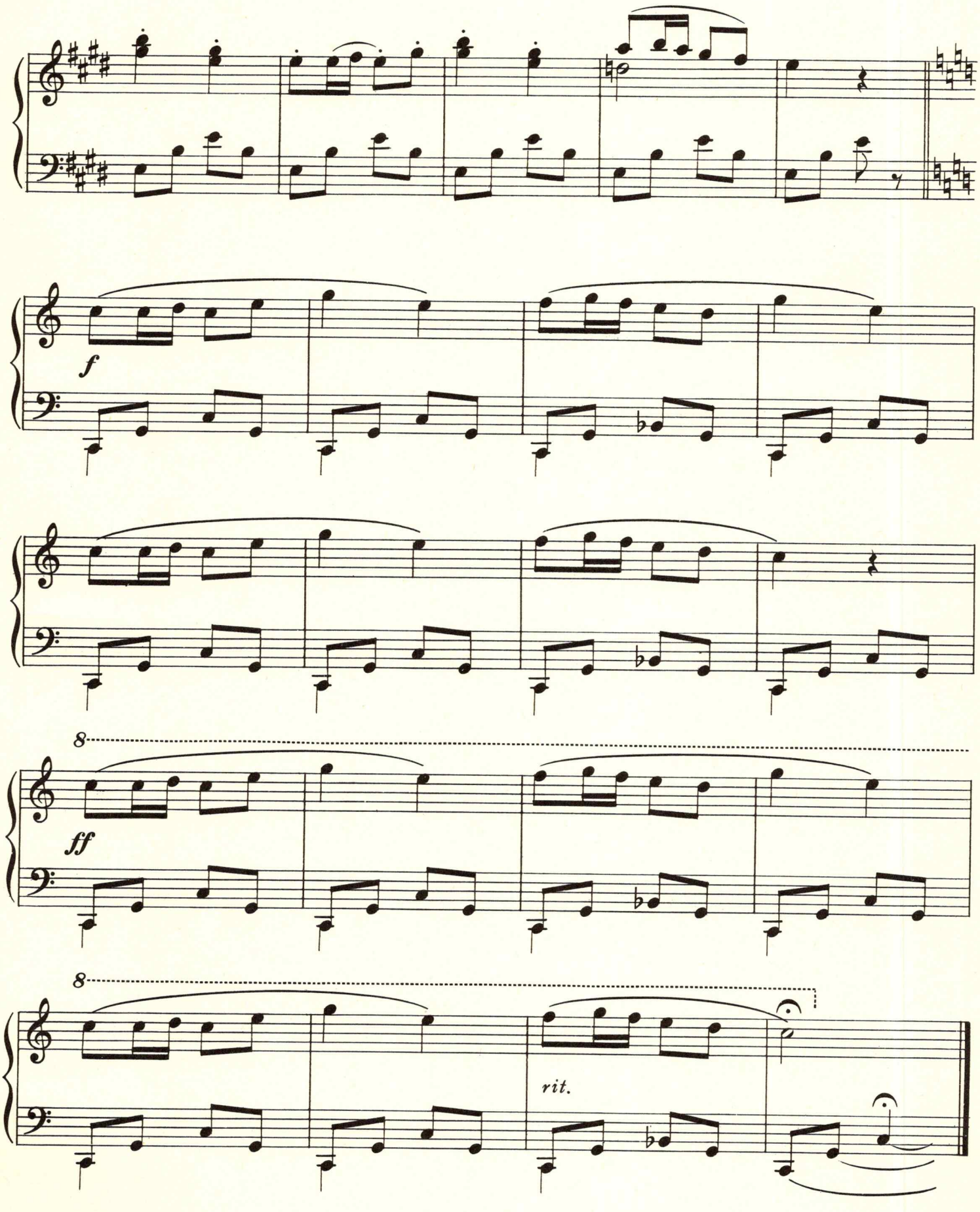


Purim Song



Debka Hora

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EXERCISES

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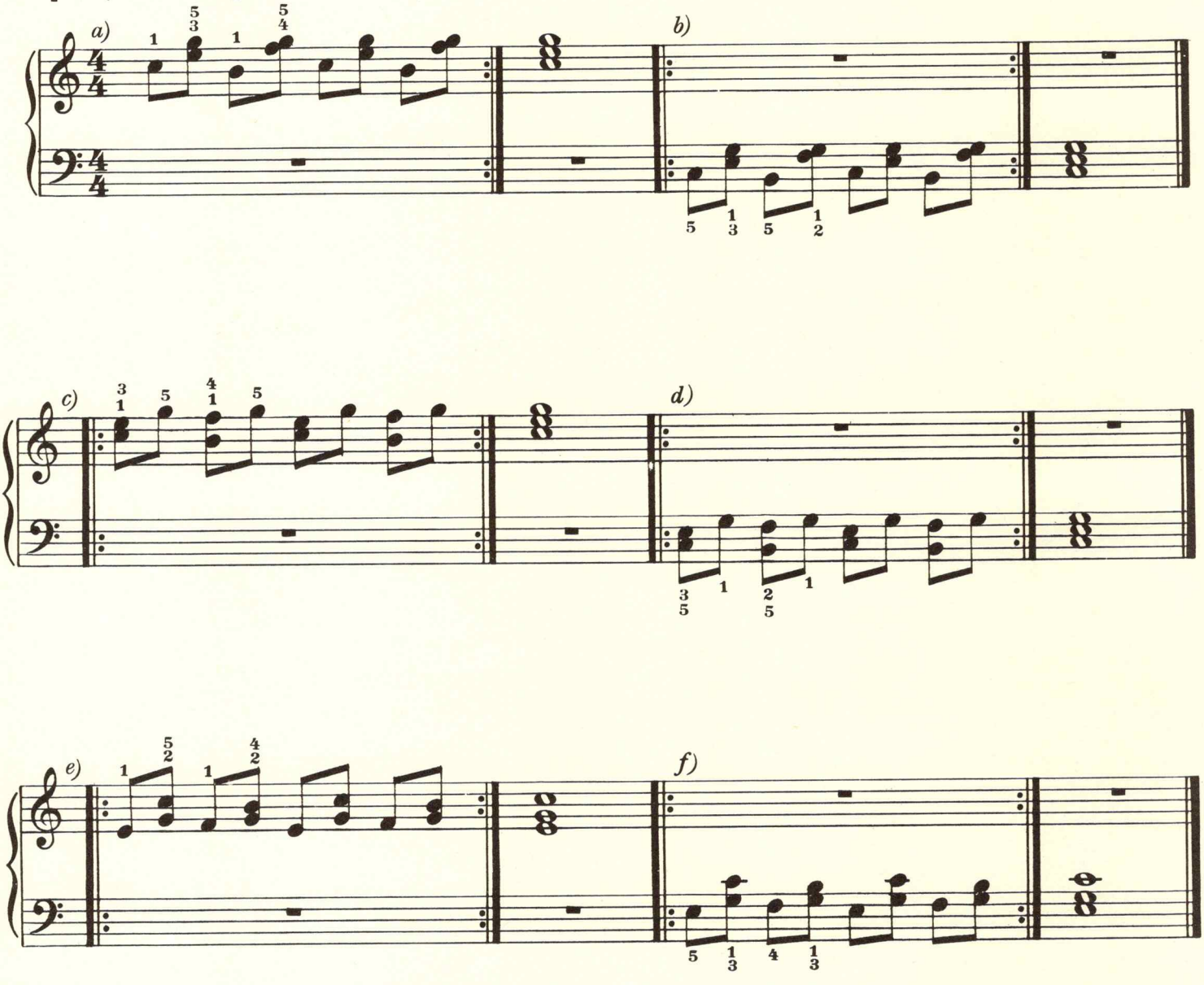
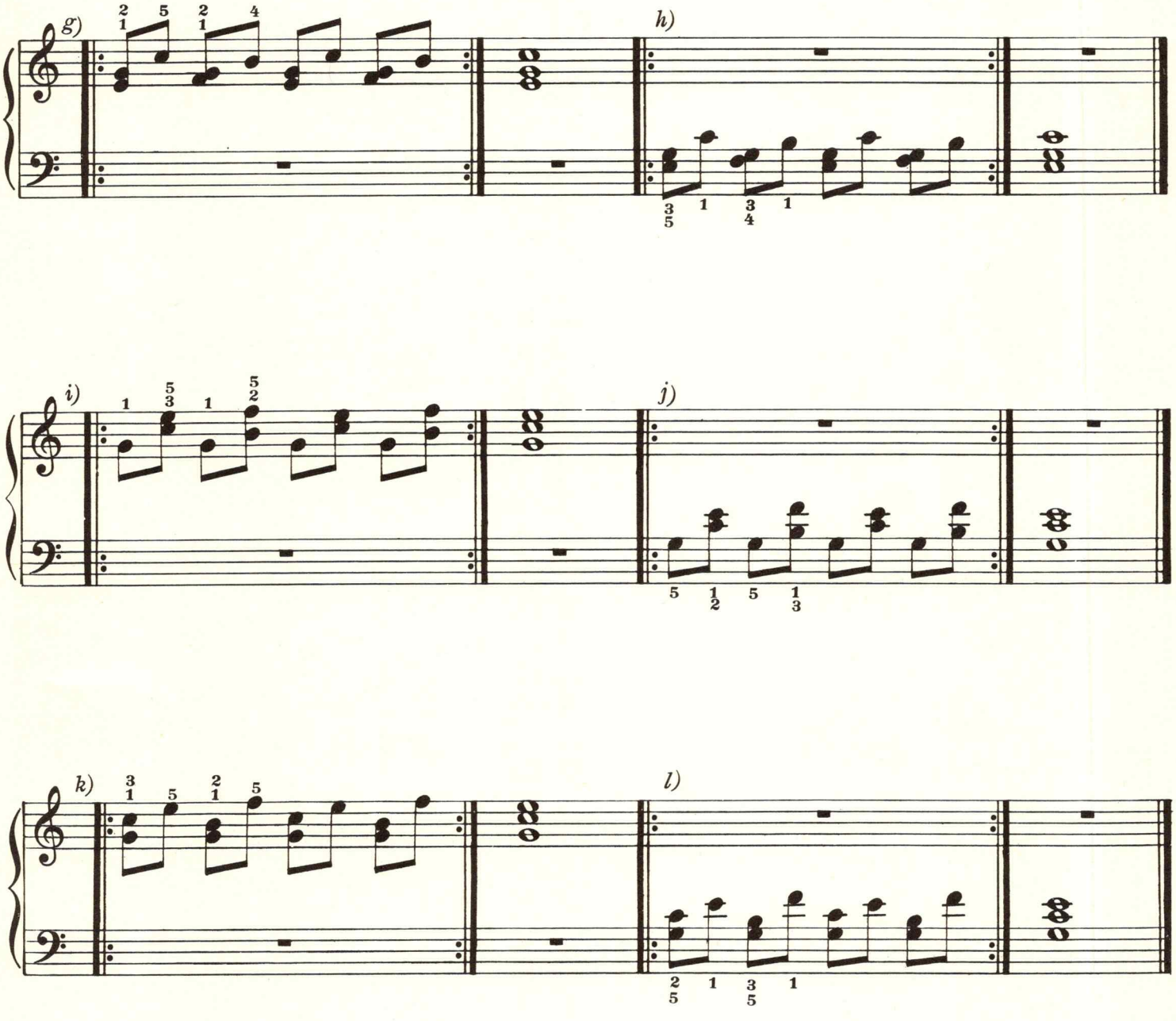
(Practice legato and staccato)

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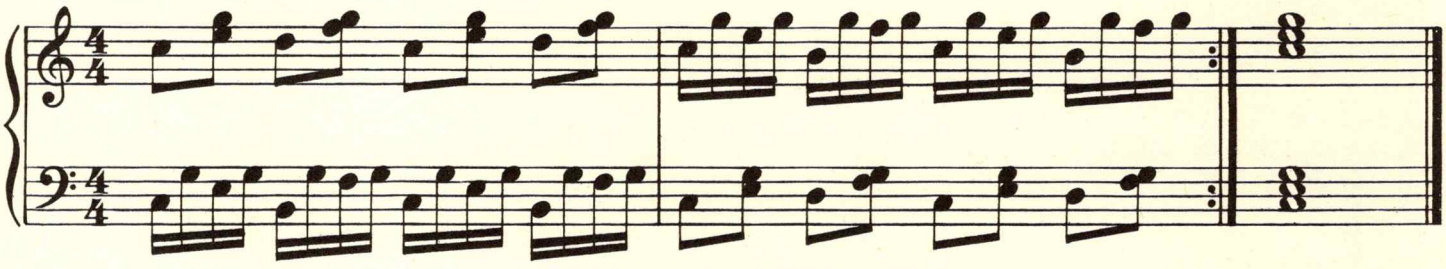
h)
i)
j)
k)
l)

2



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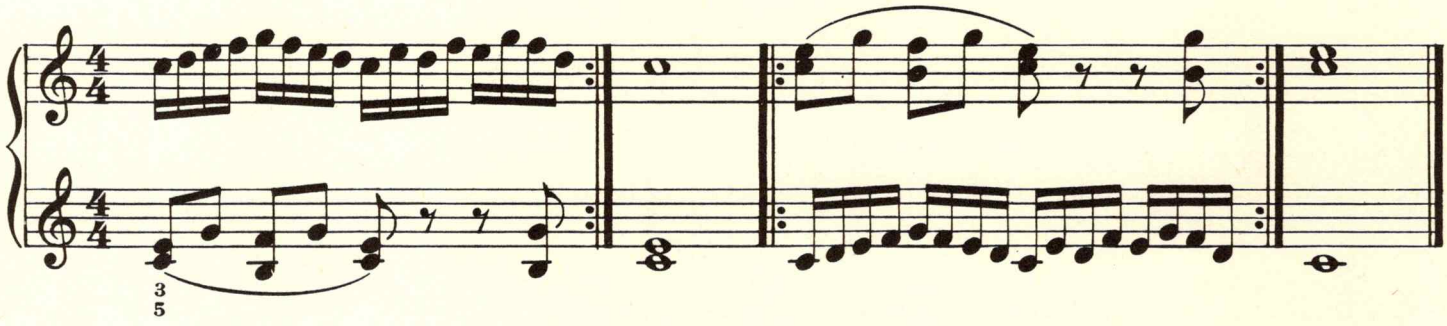

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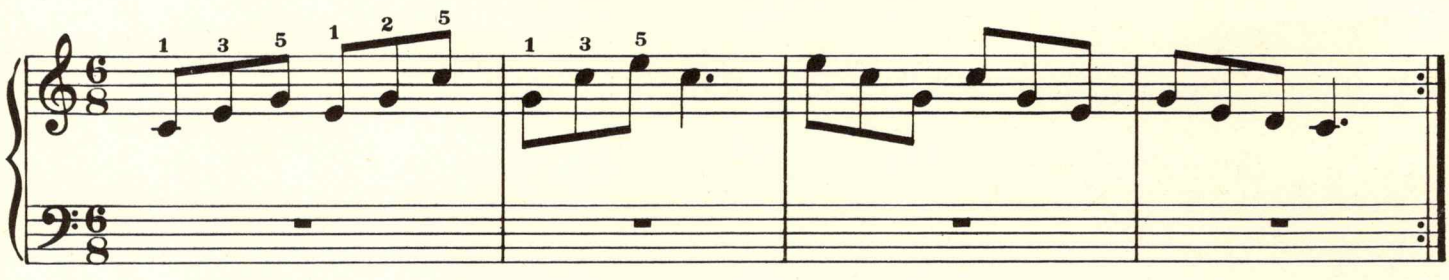

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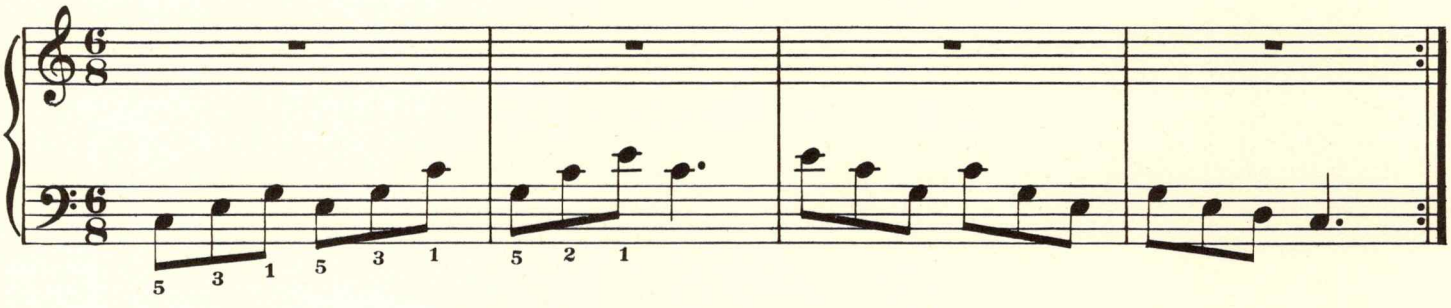
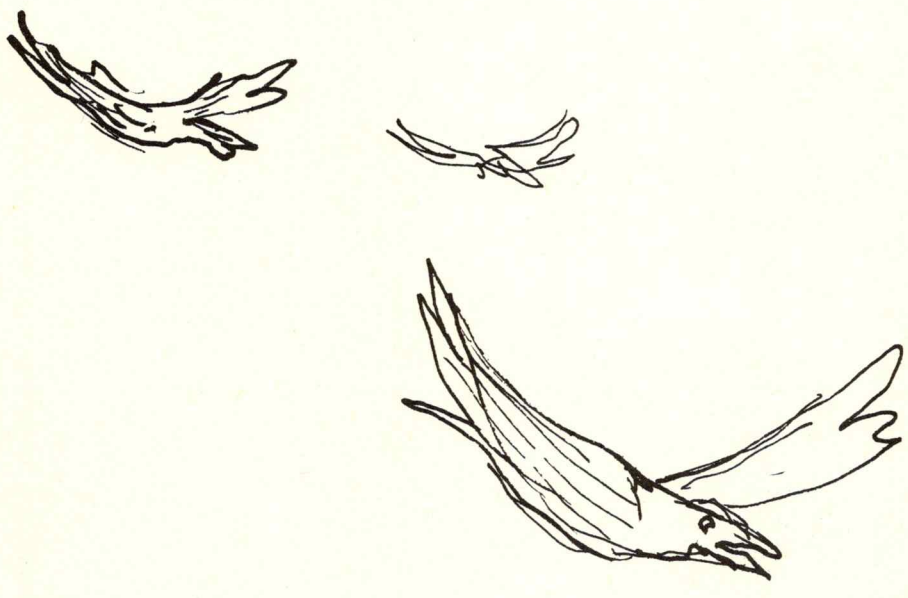


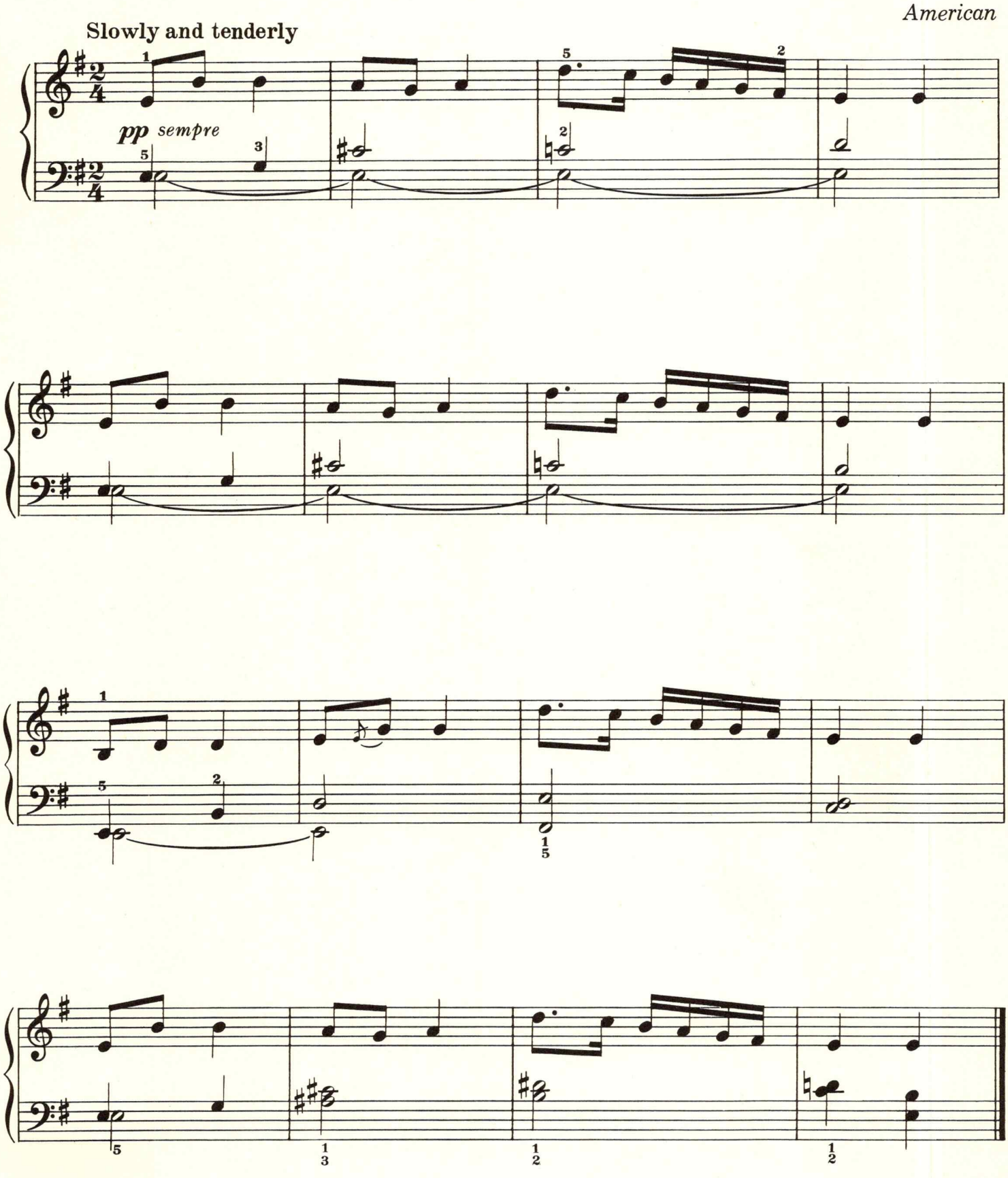
UNIT 8



Goodbye Old Paint

1 All the Pretty Little Horses

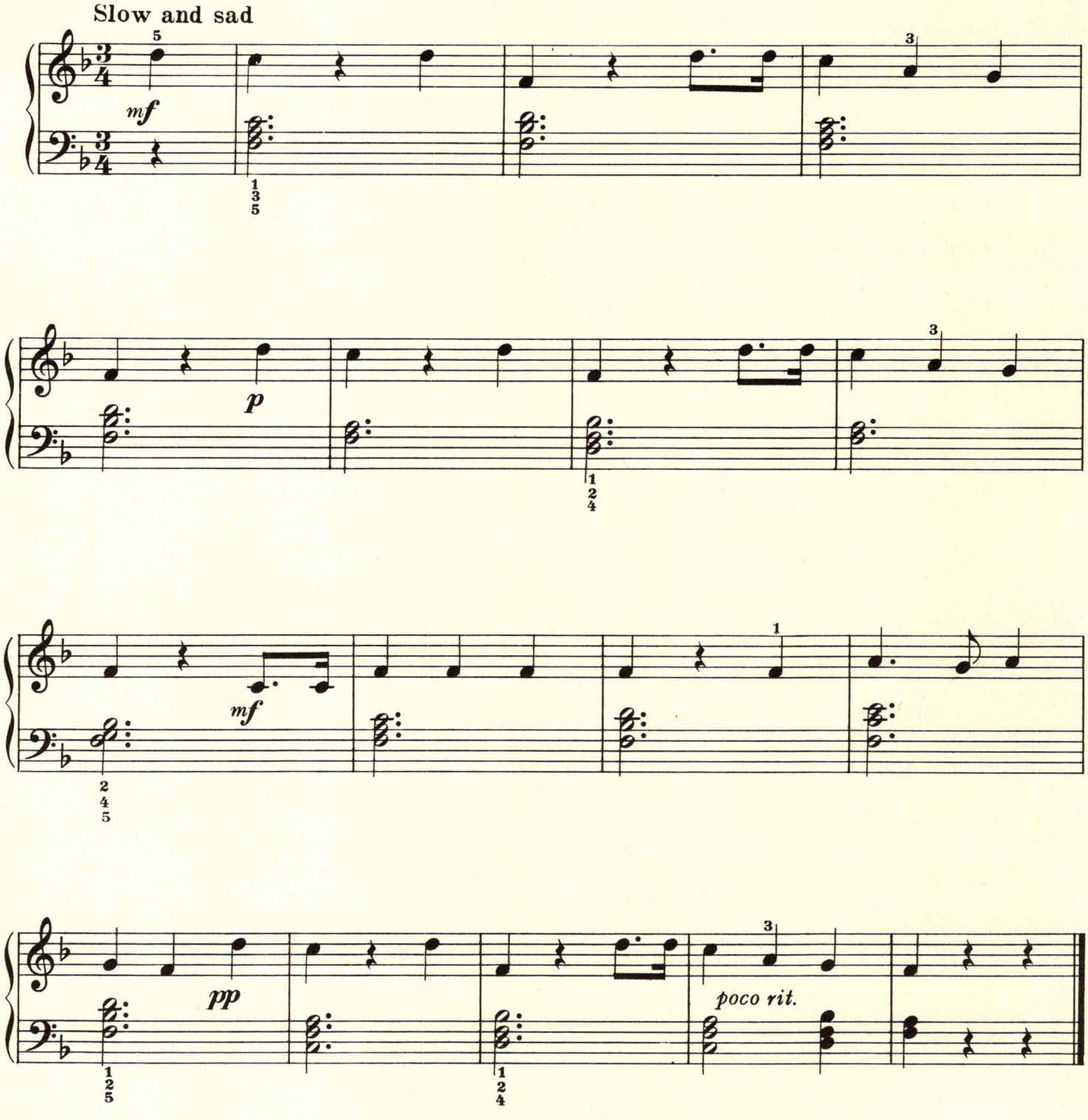
American



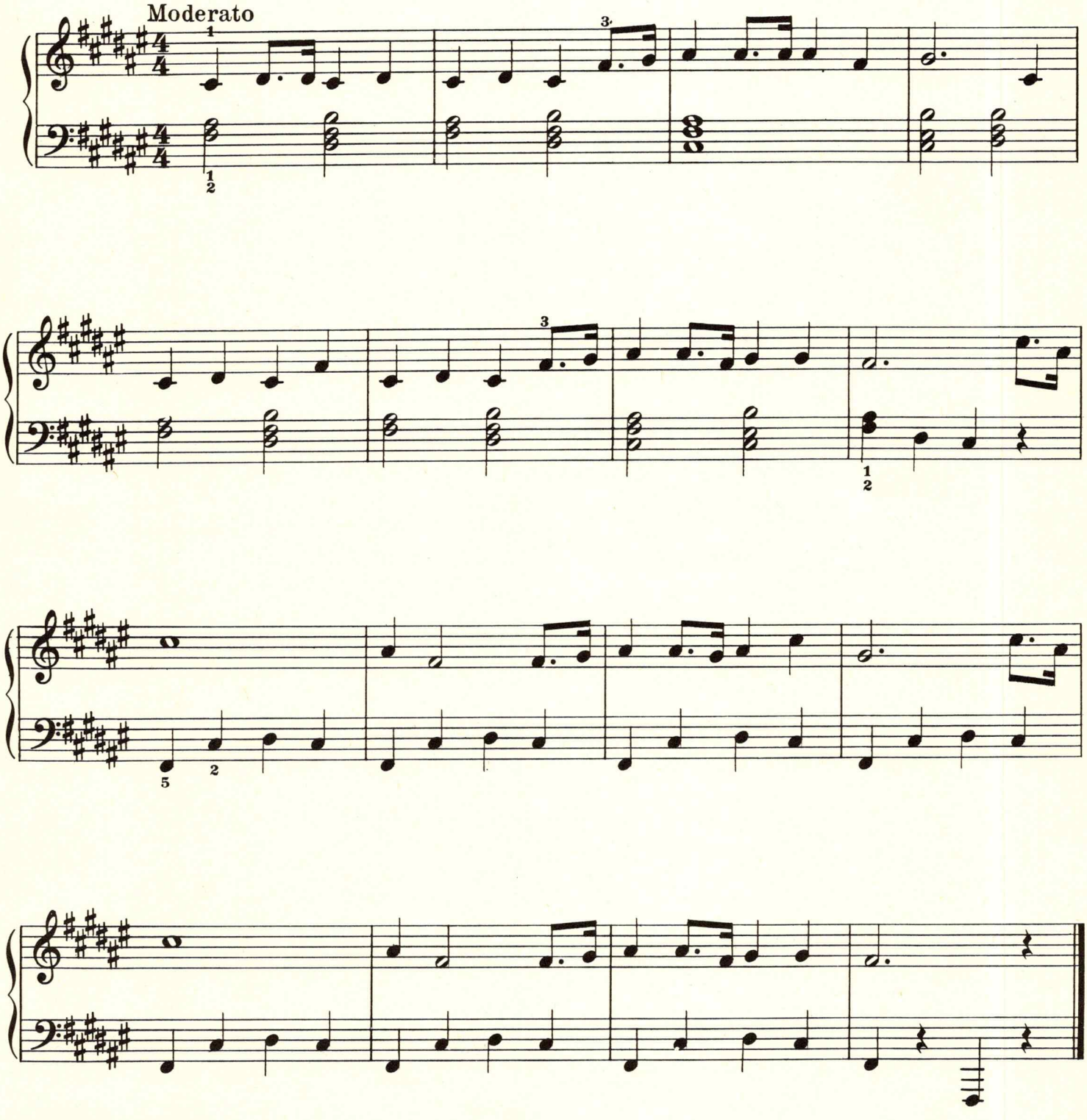
2 Two Cowboy Songs

Goodbye Old Paint

American

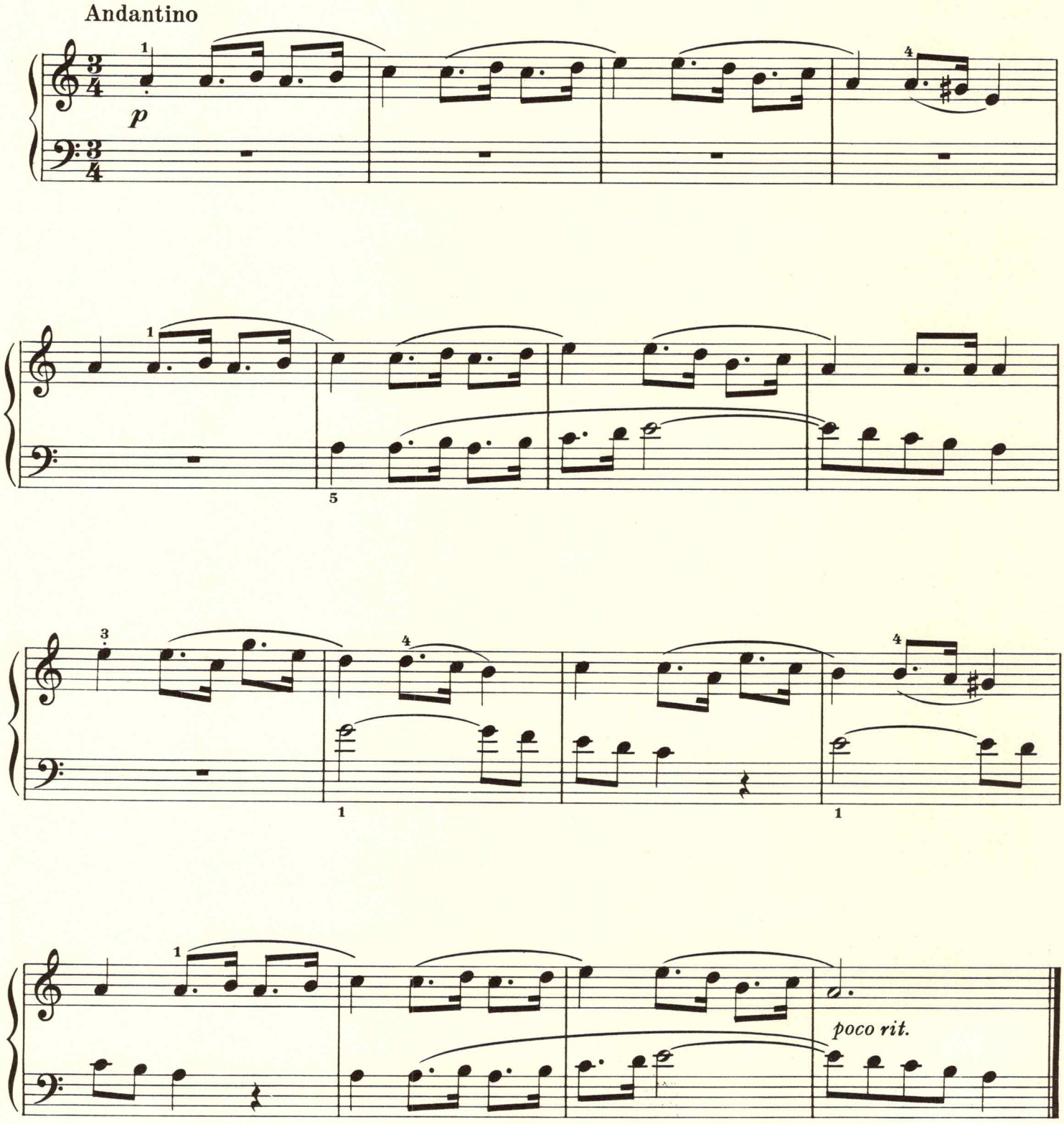


Press Along

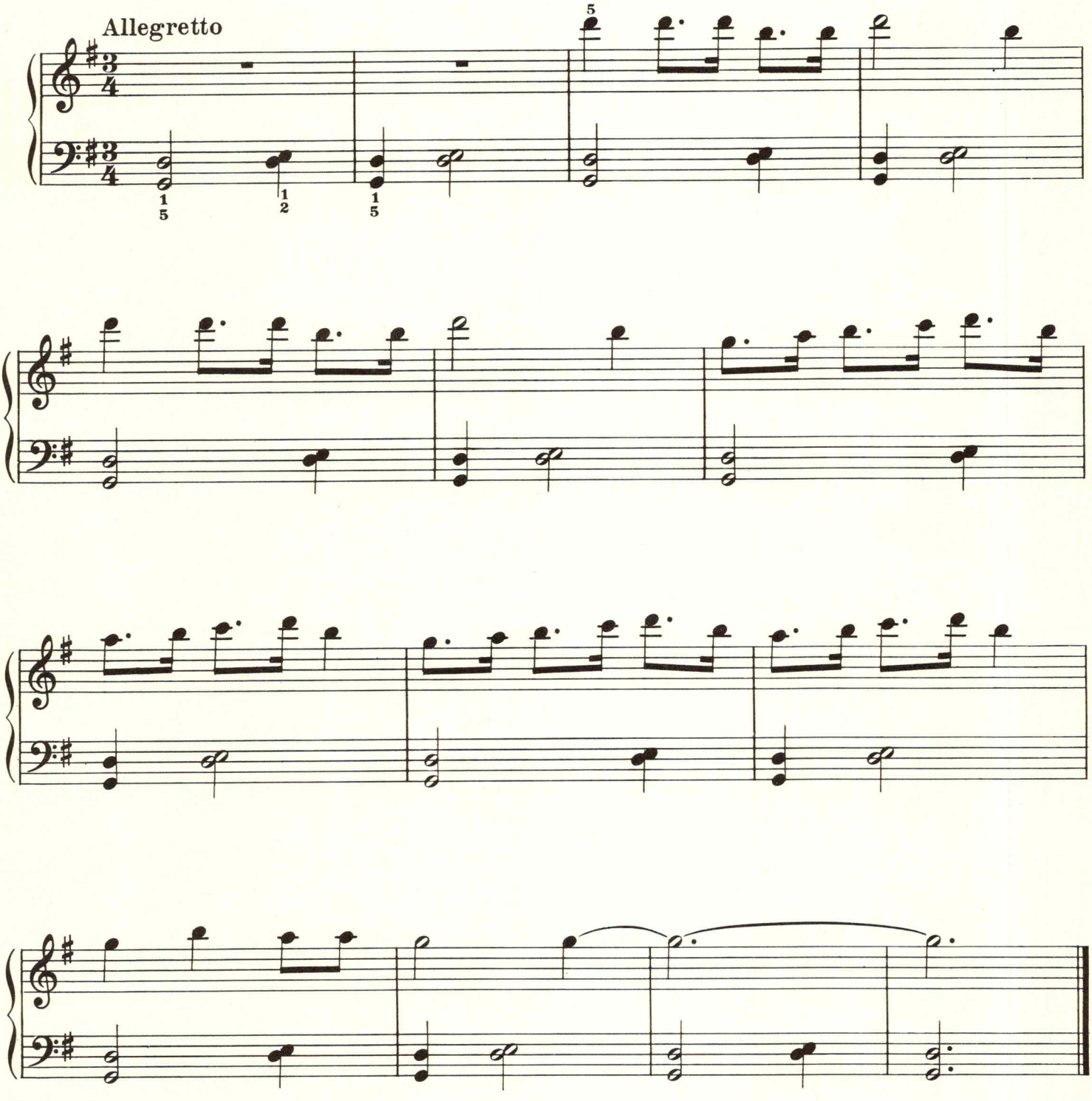


3 Two Scandinavian Folk Songs

Spring Dance

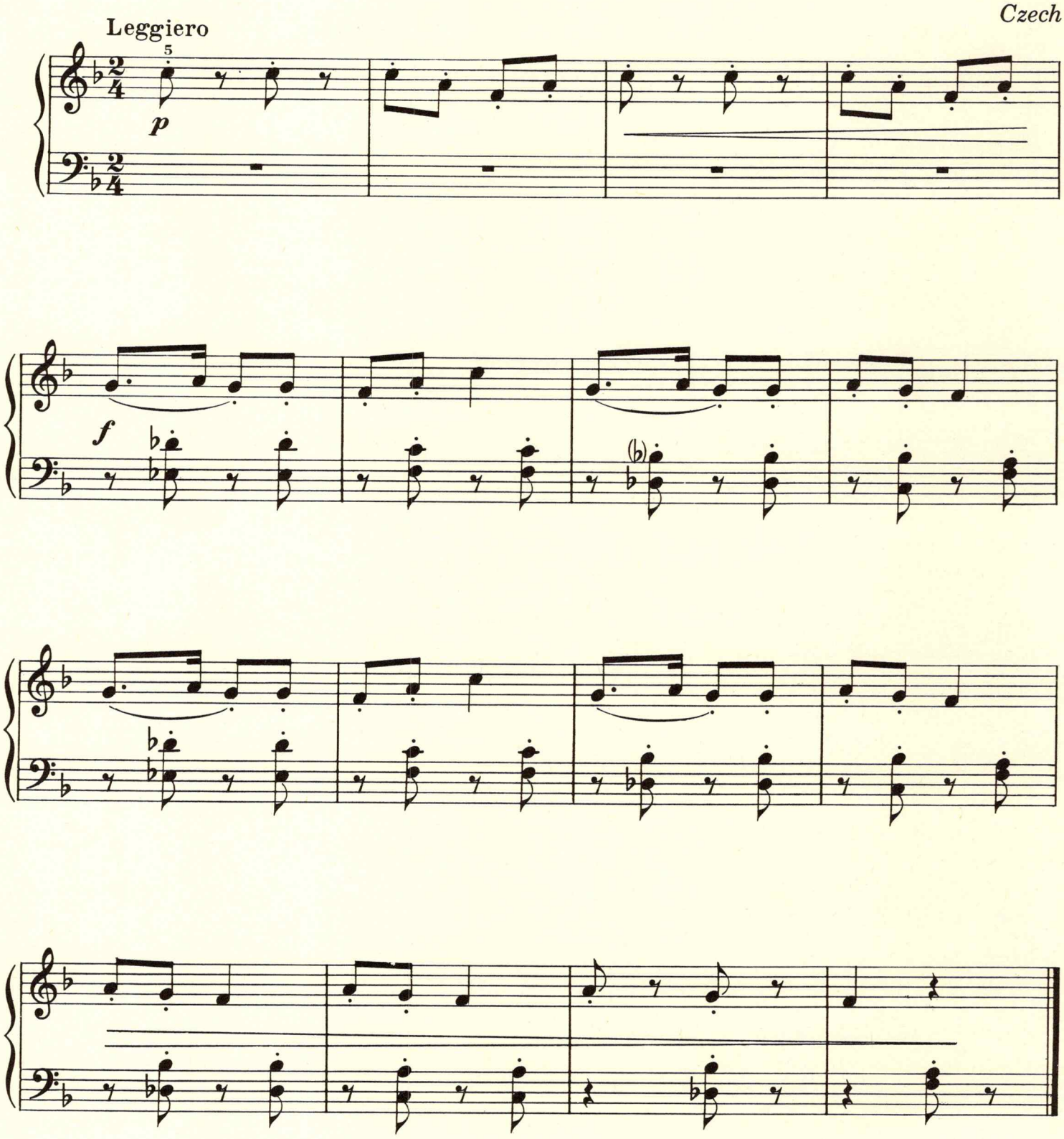


High on the Mountain



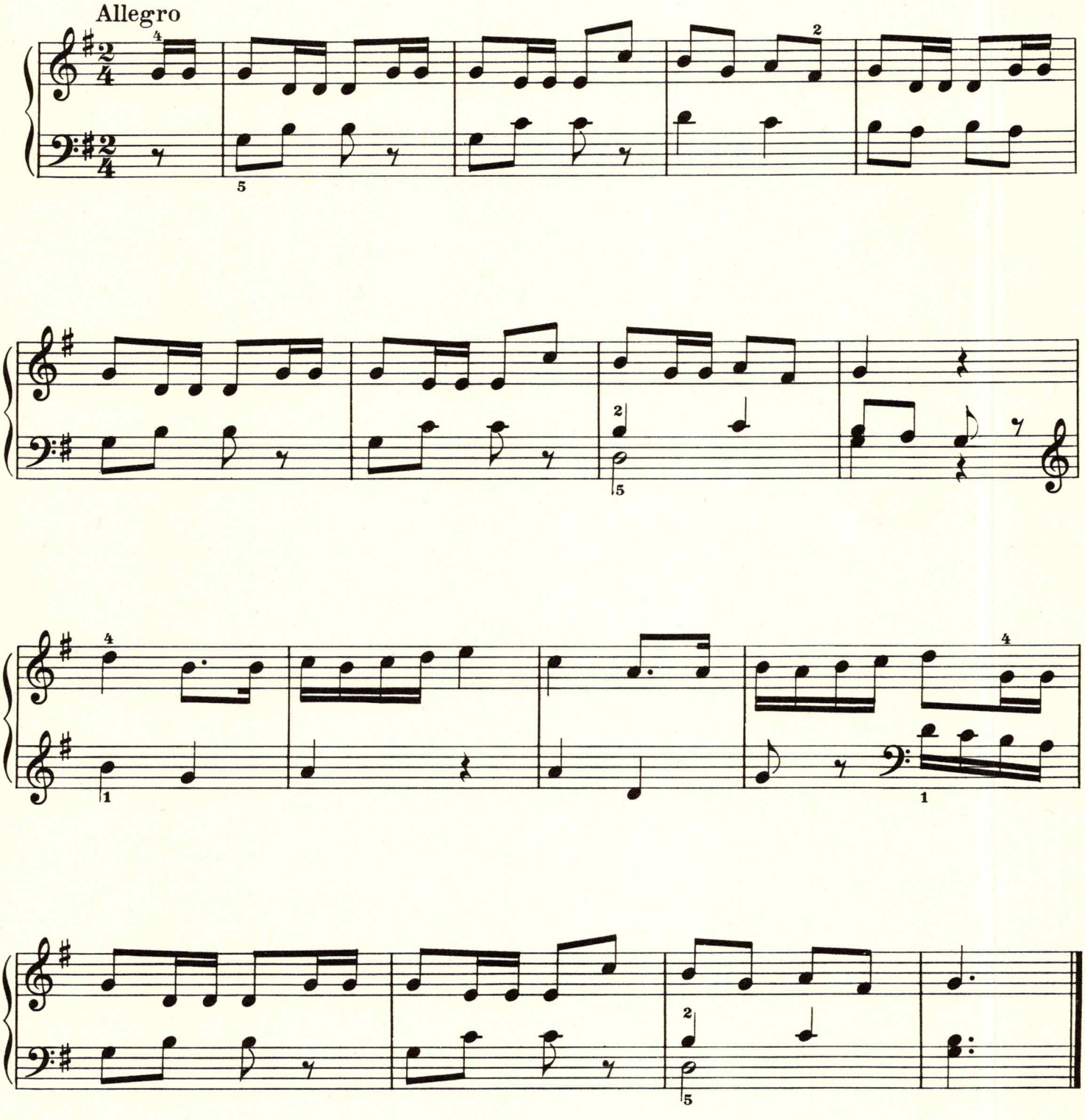
4 Little Onion

Czech



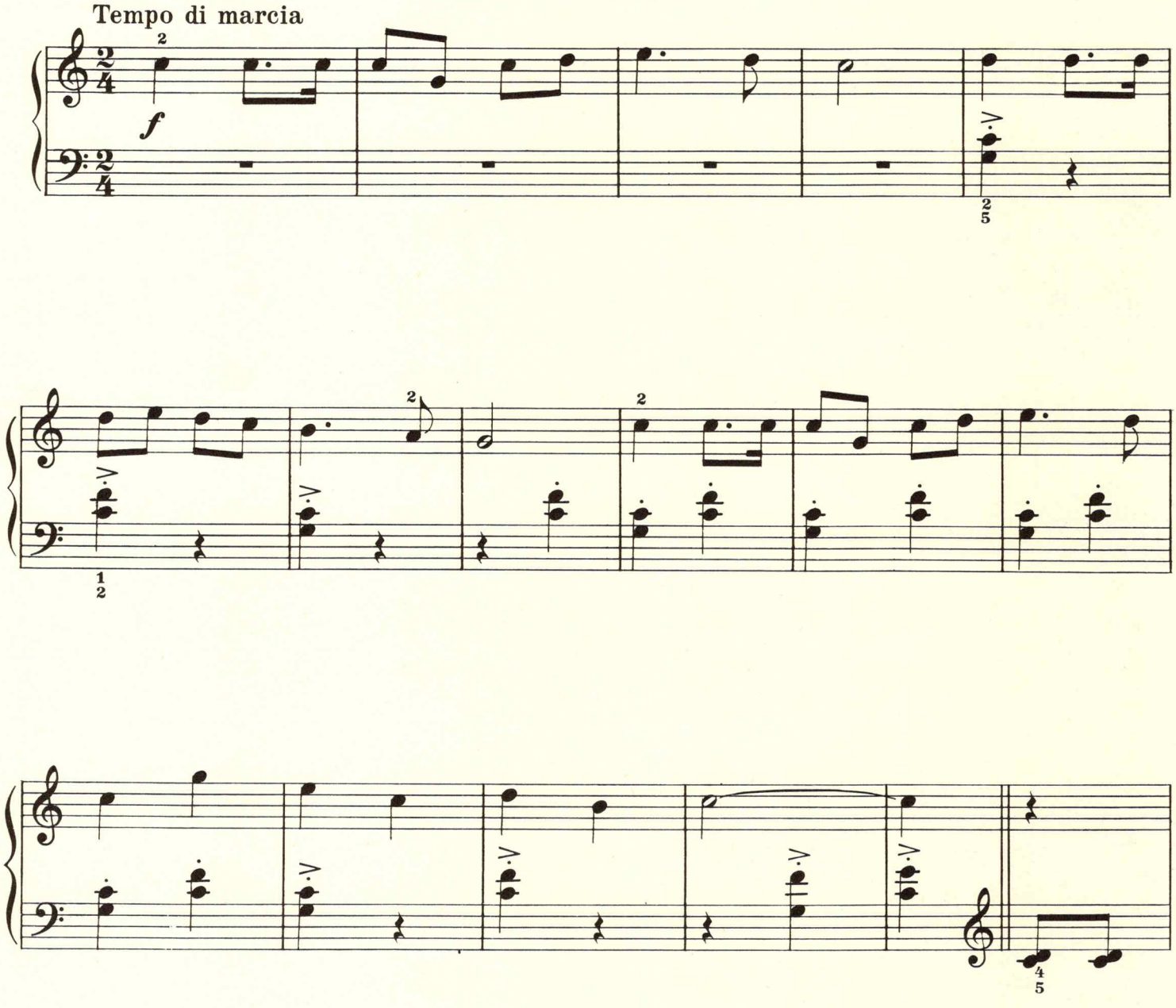
5 The Happy Plowman

Swedish

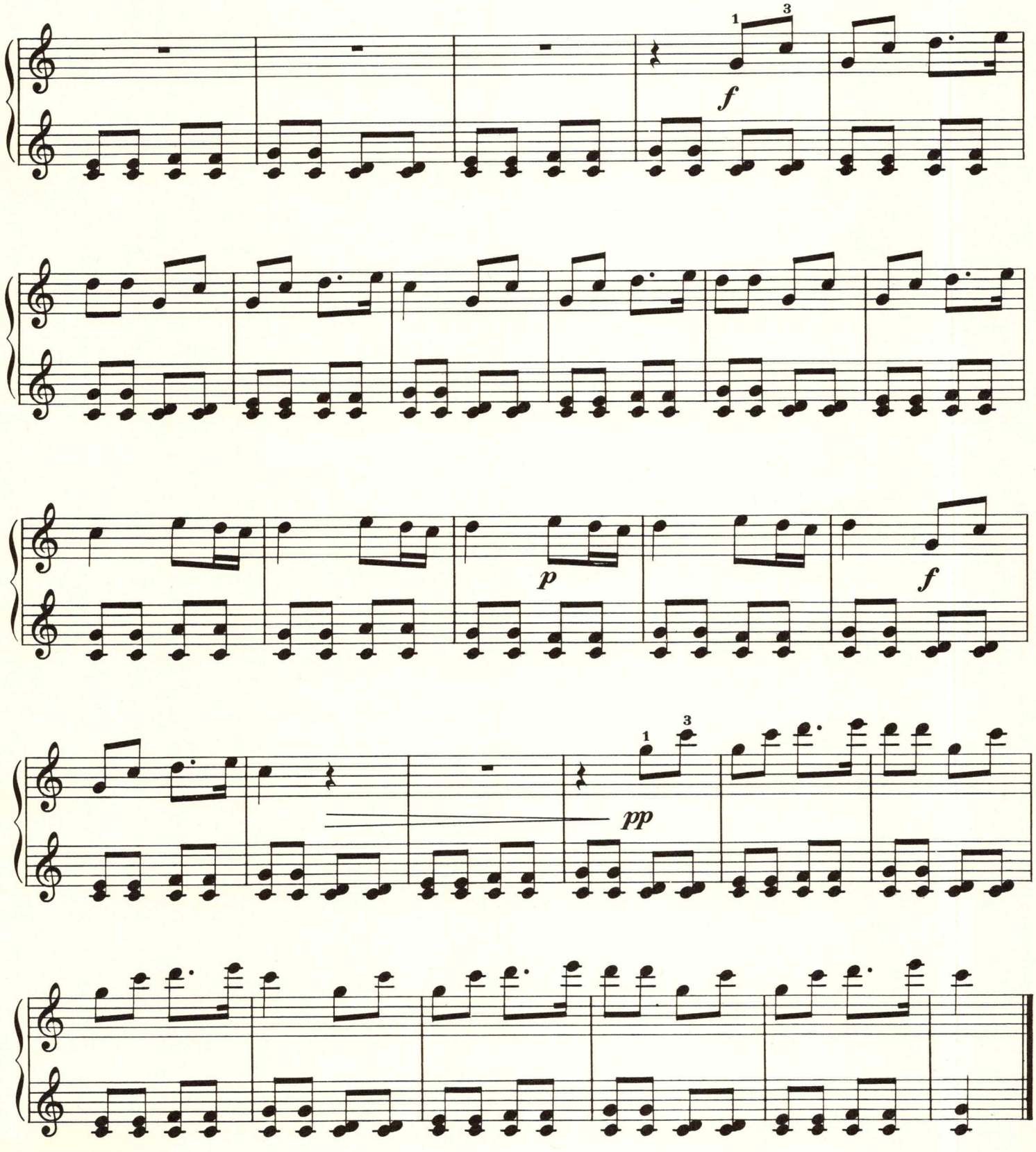


6 Two French Folk Songs

Napoleon

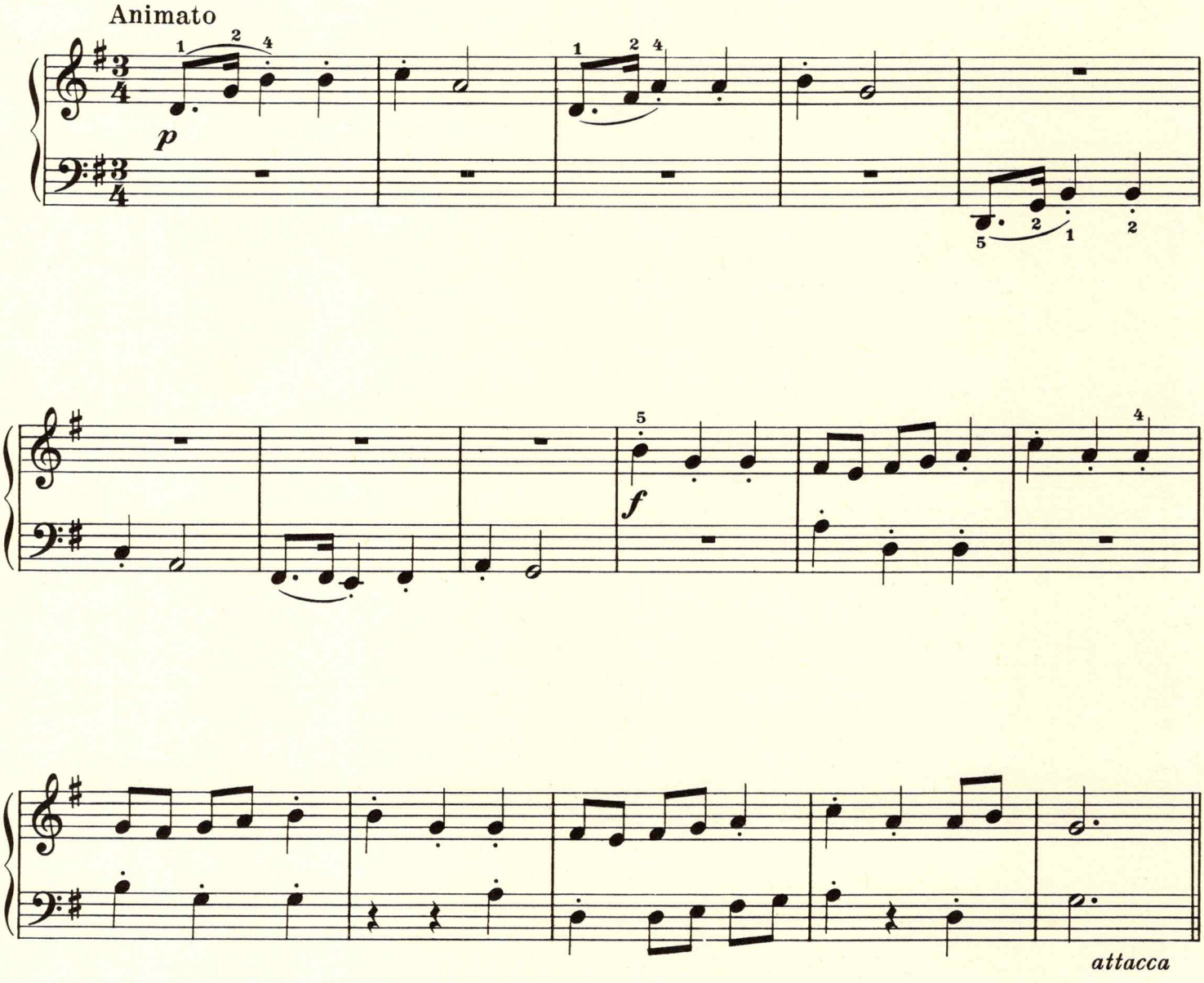


Arlequin

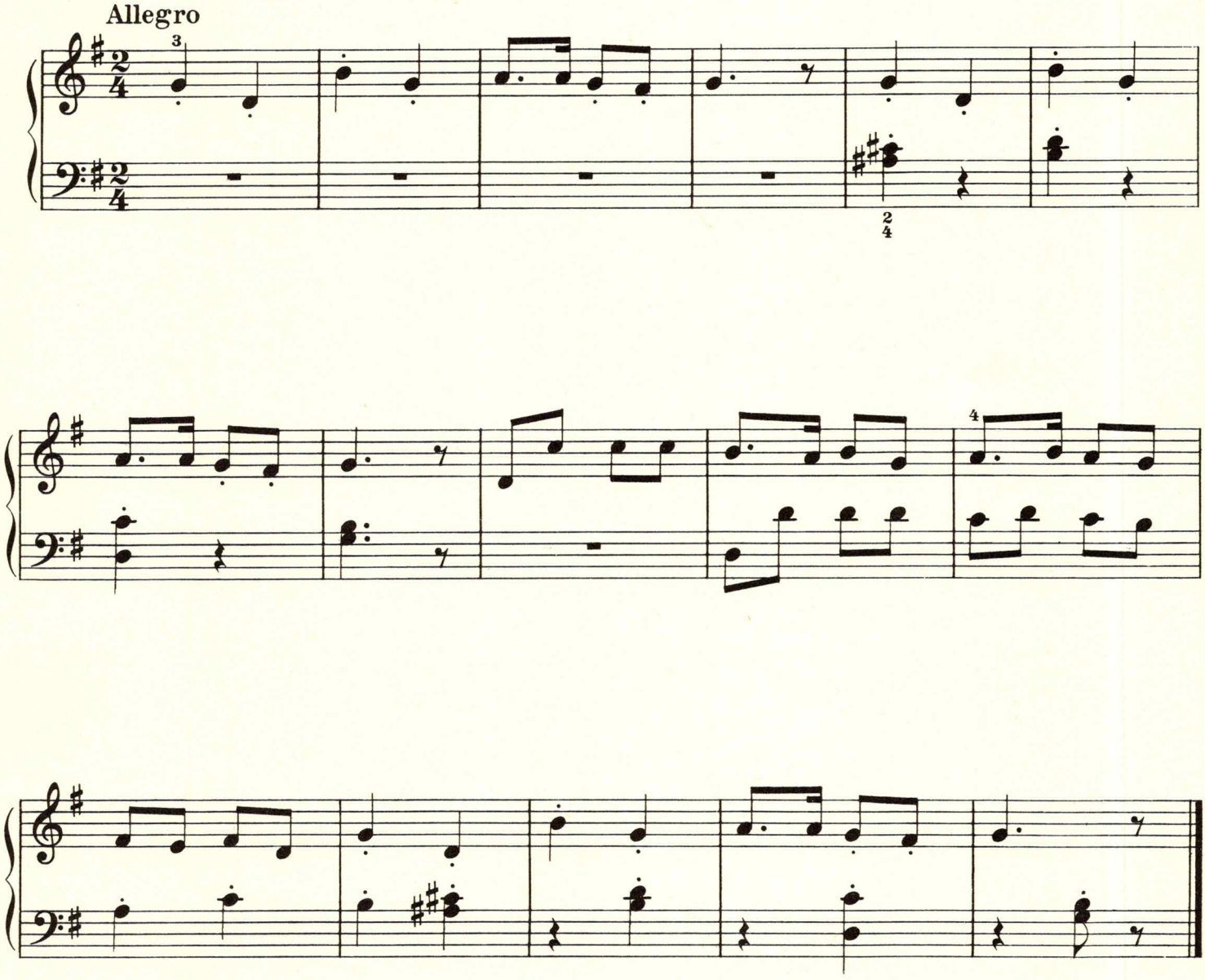


7 Two Polish Folk Songs

Hop, chook, chook

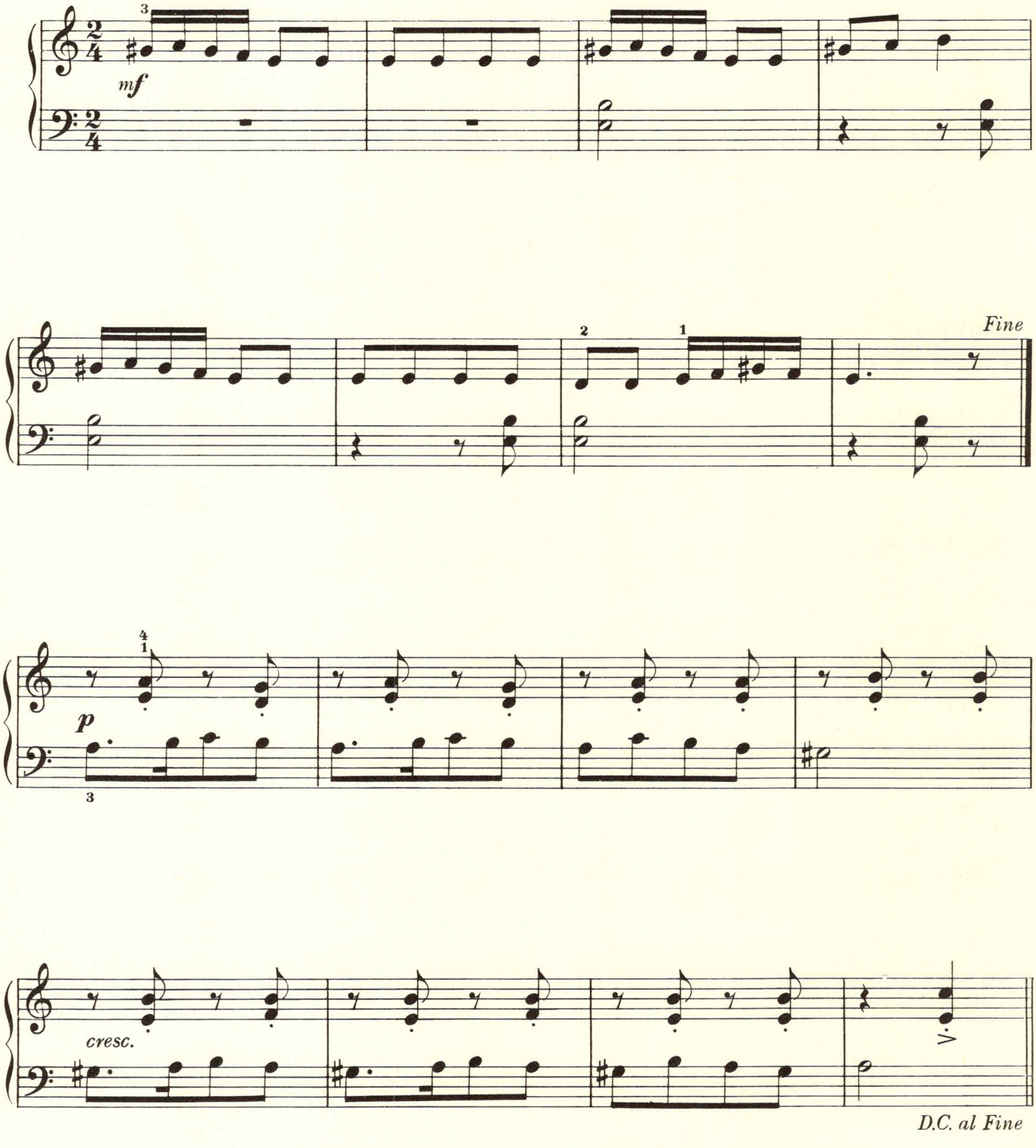


Dance



8 Hebrew Song

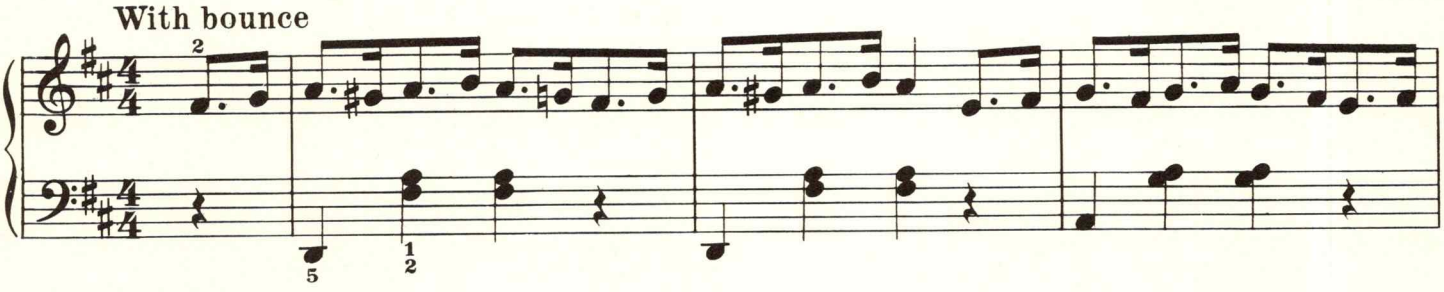
Israeli

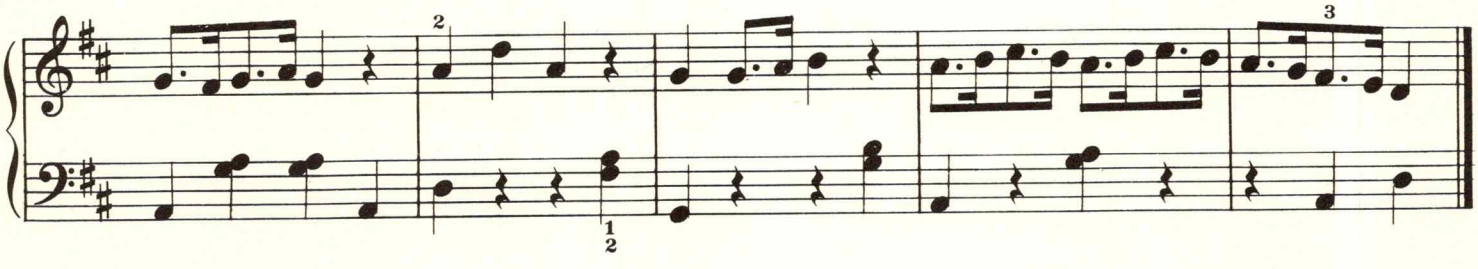


9 Lady Round the Lake

American

With bounce





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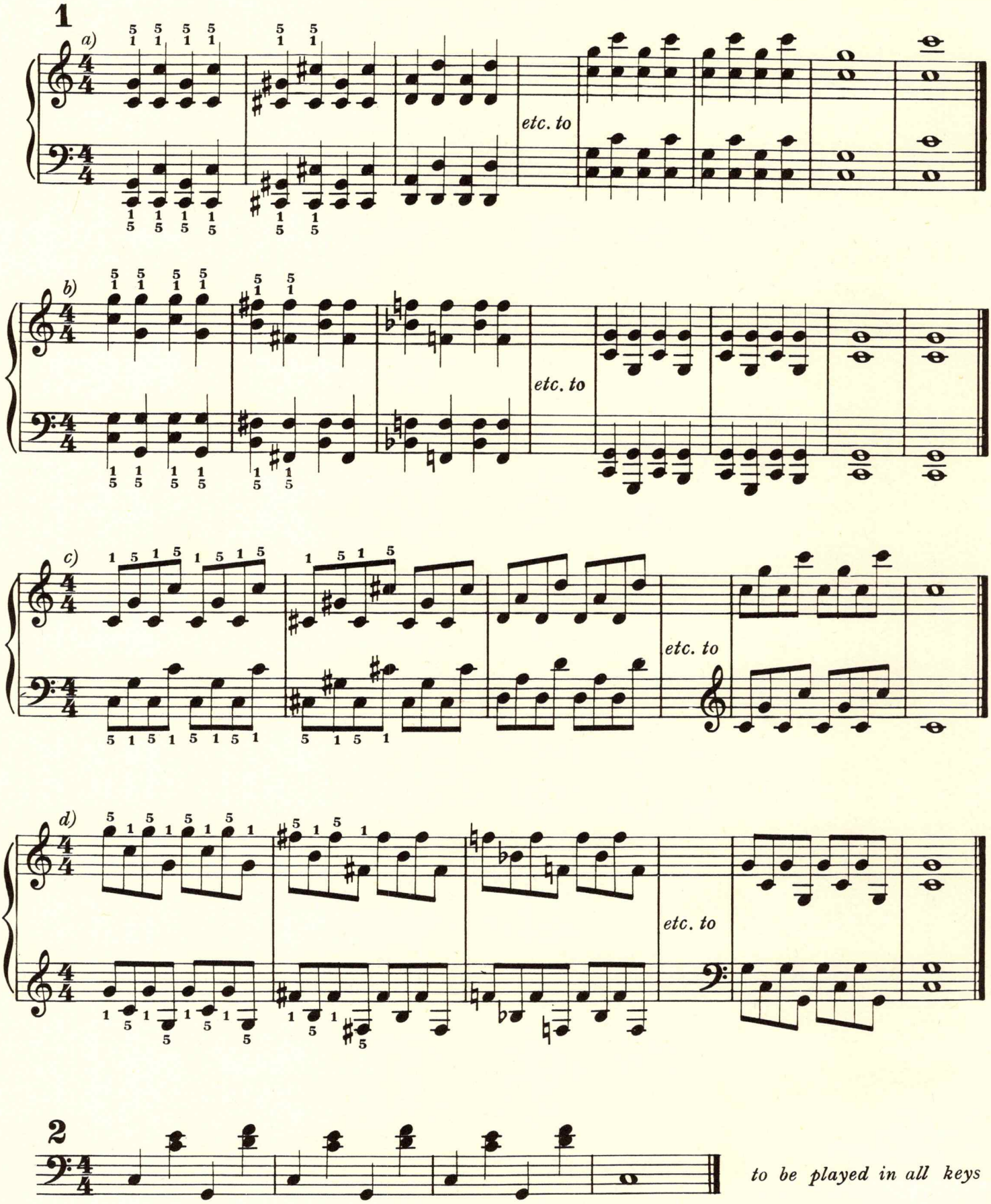

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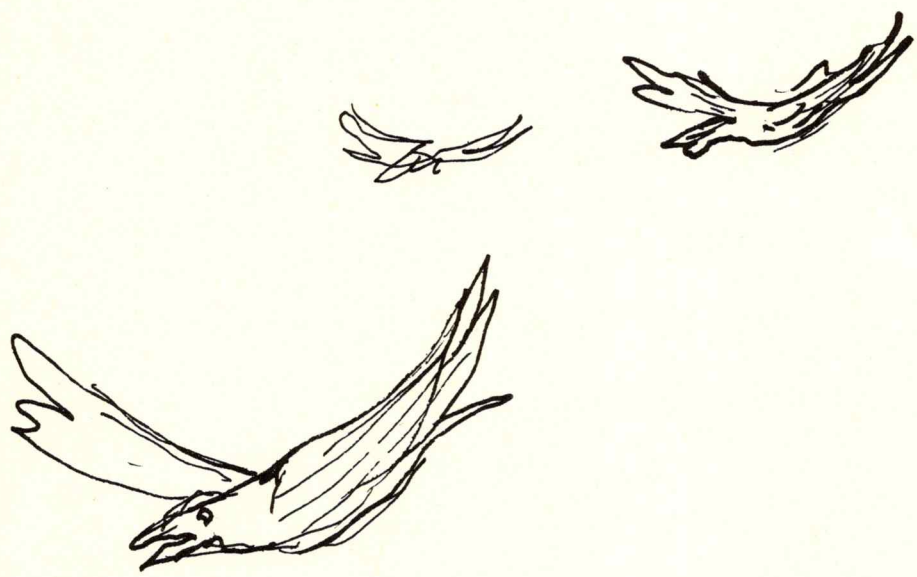
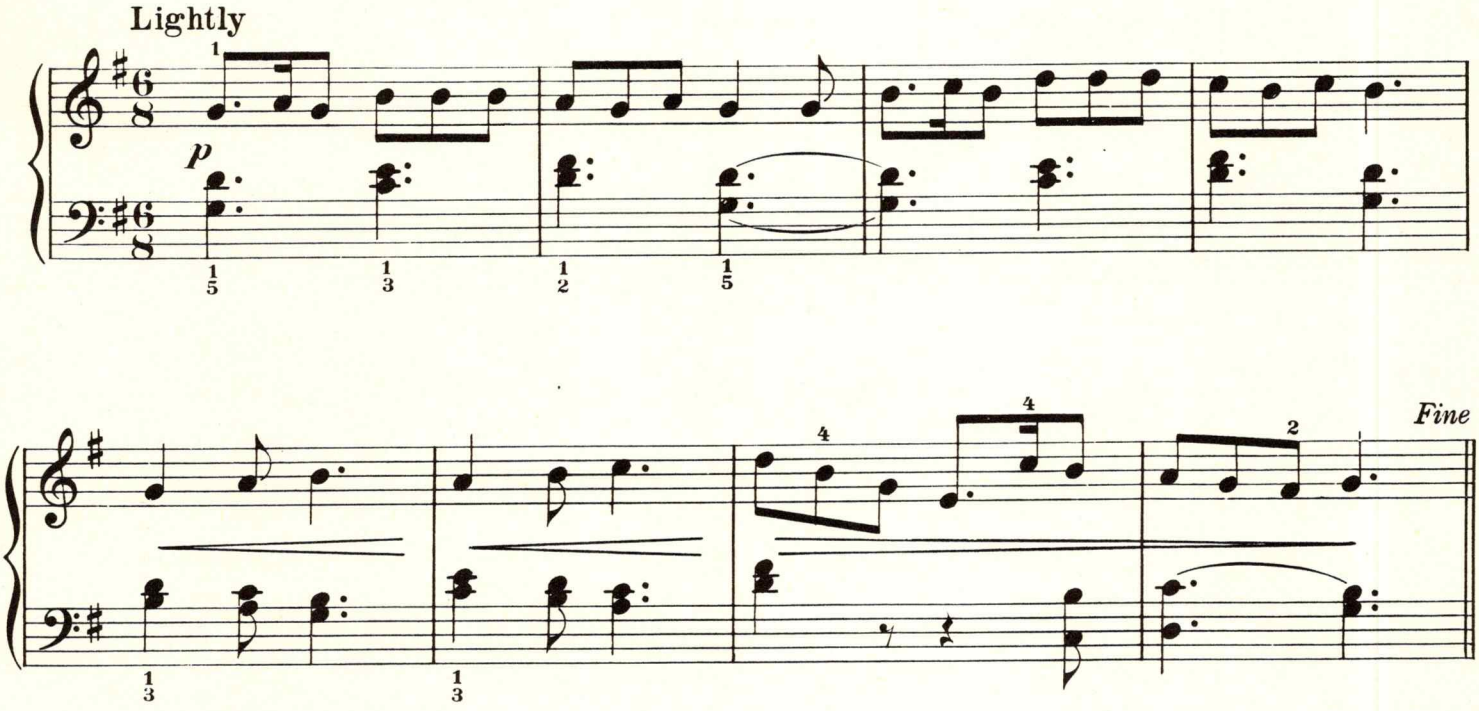


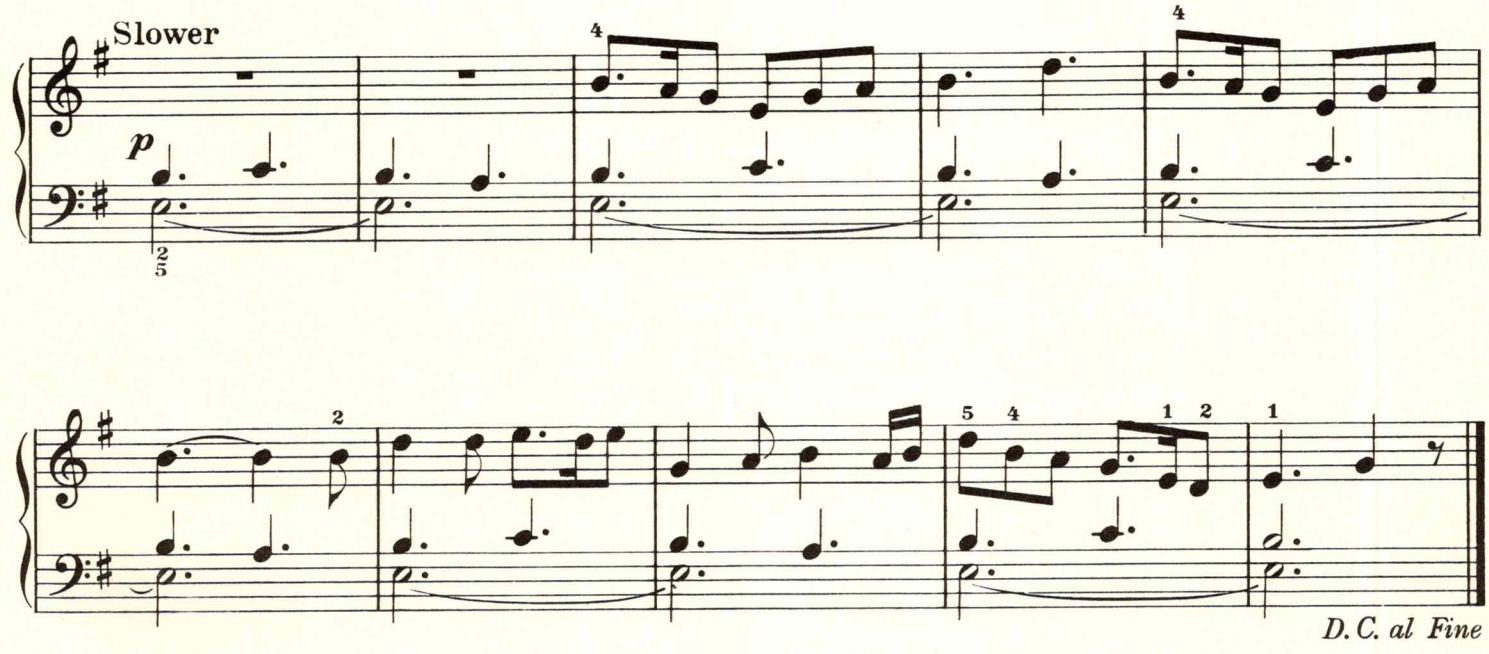
Picking Fruit

1 Two Songs from the British Isles

Where Are You Going, My Pretty Maid

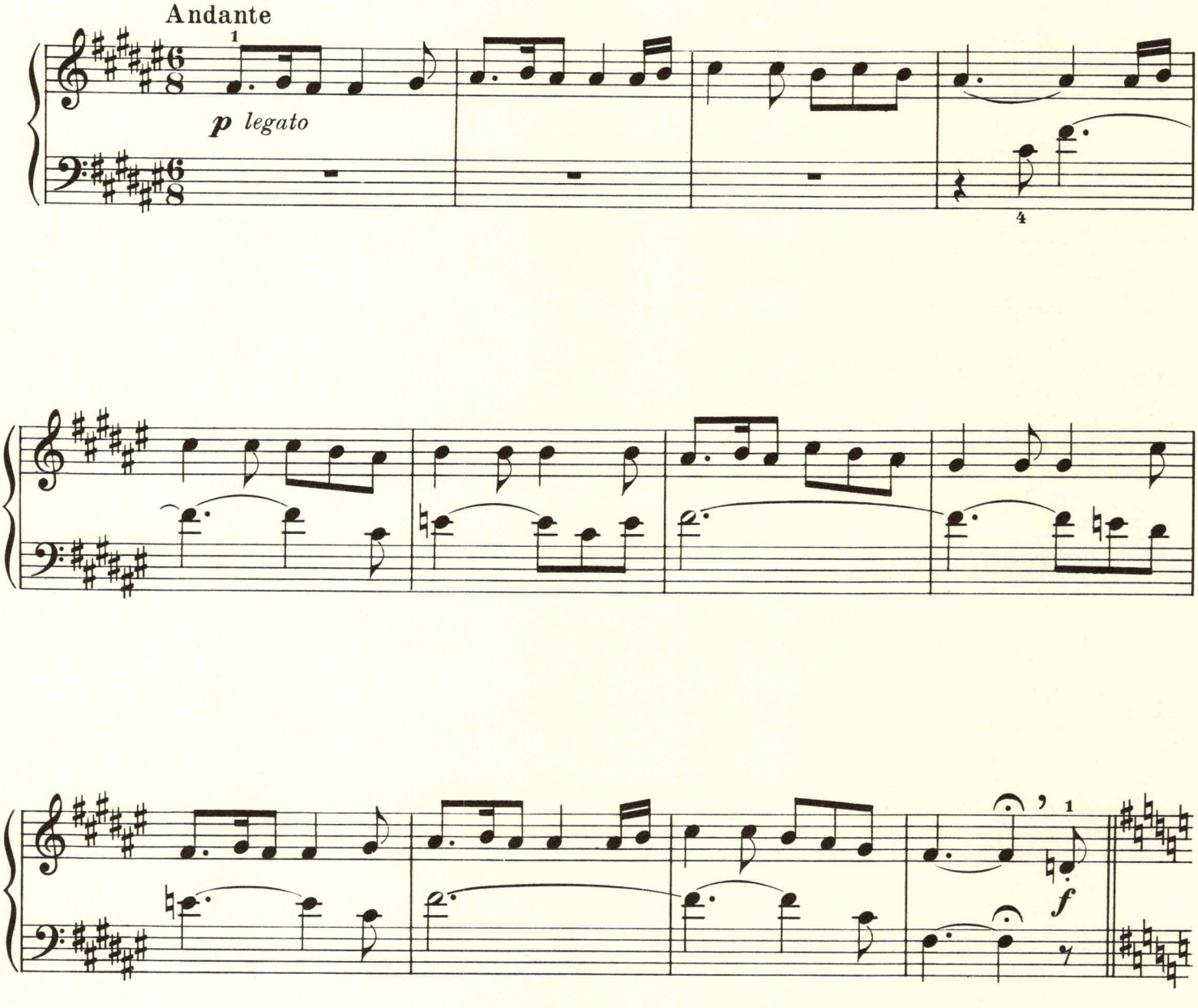


Hush-a-bye Birdie

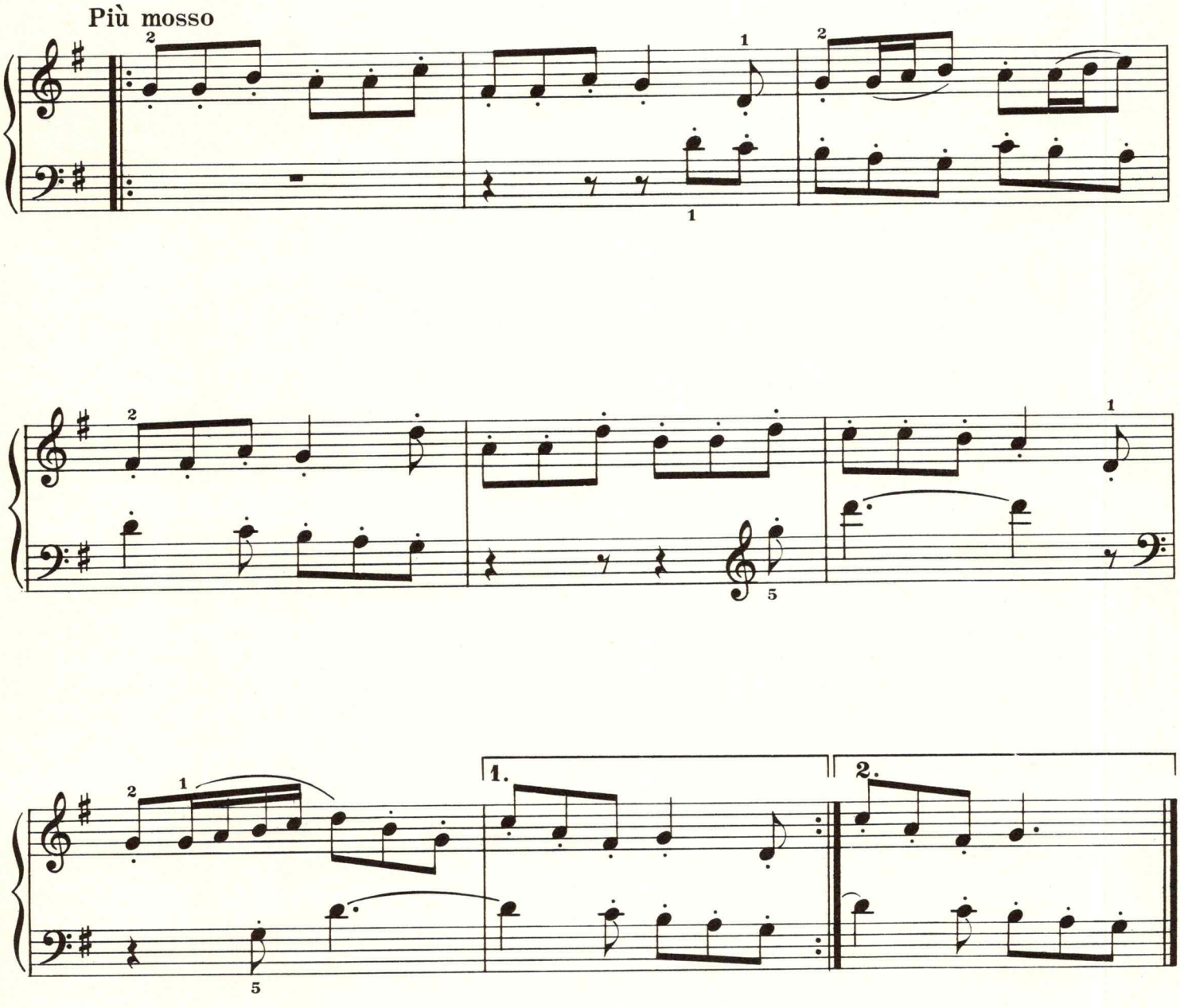


2 Two Dutch Folk Songs

The Sailboat

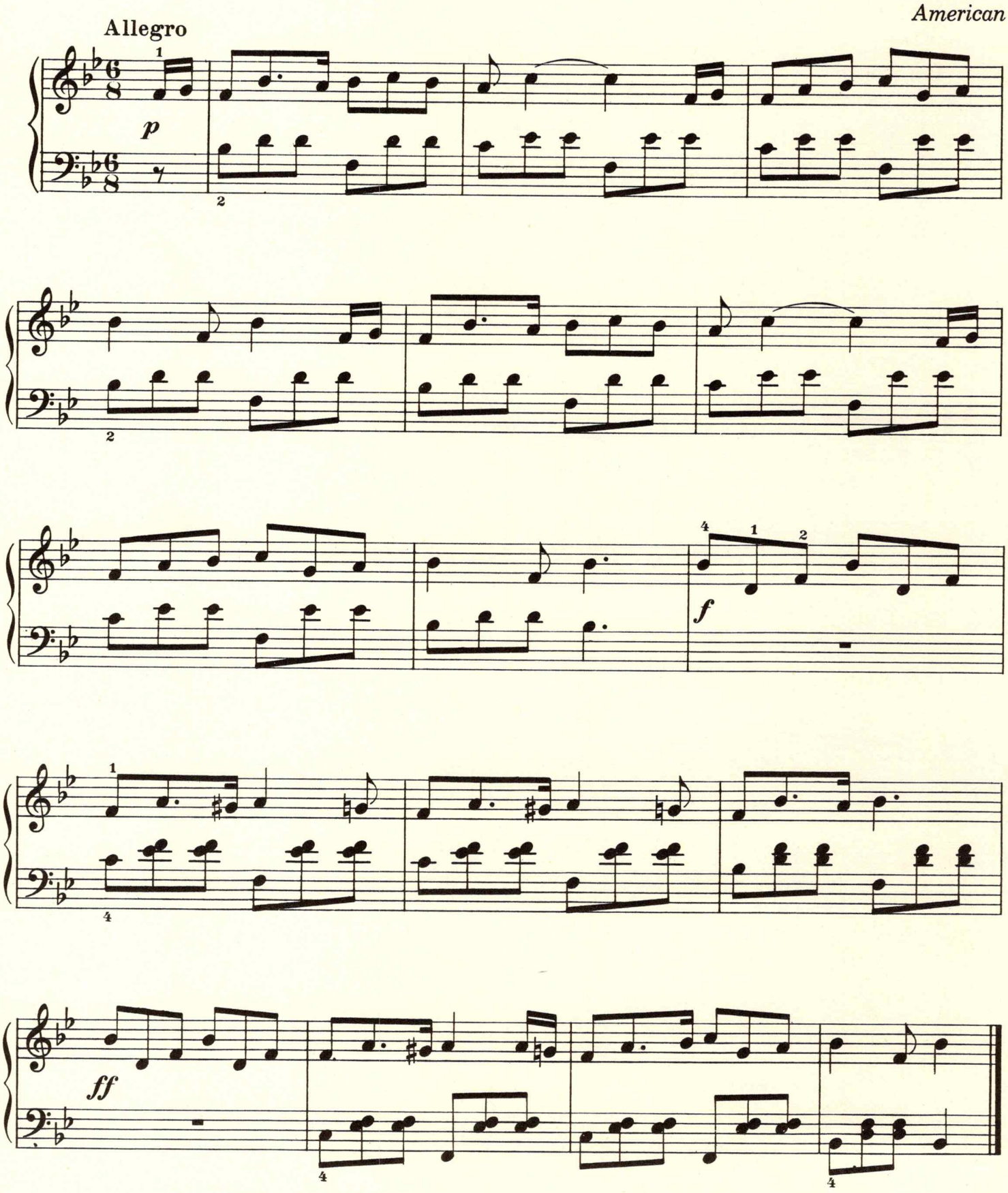


The Steamboat



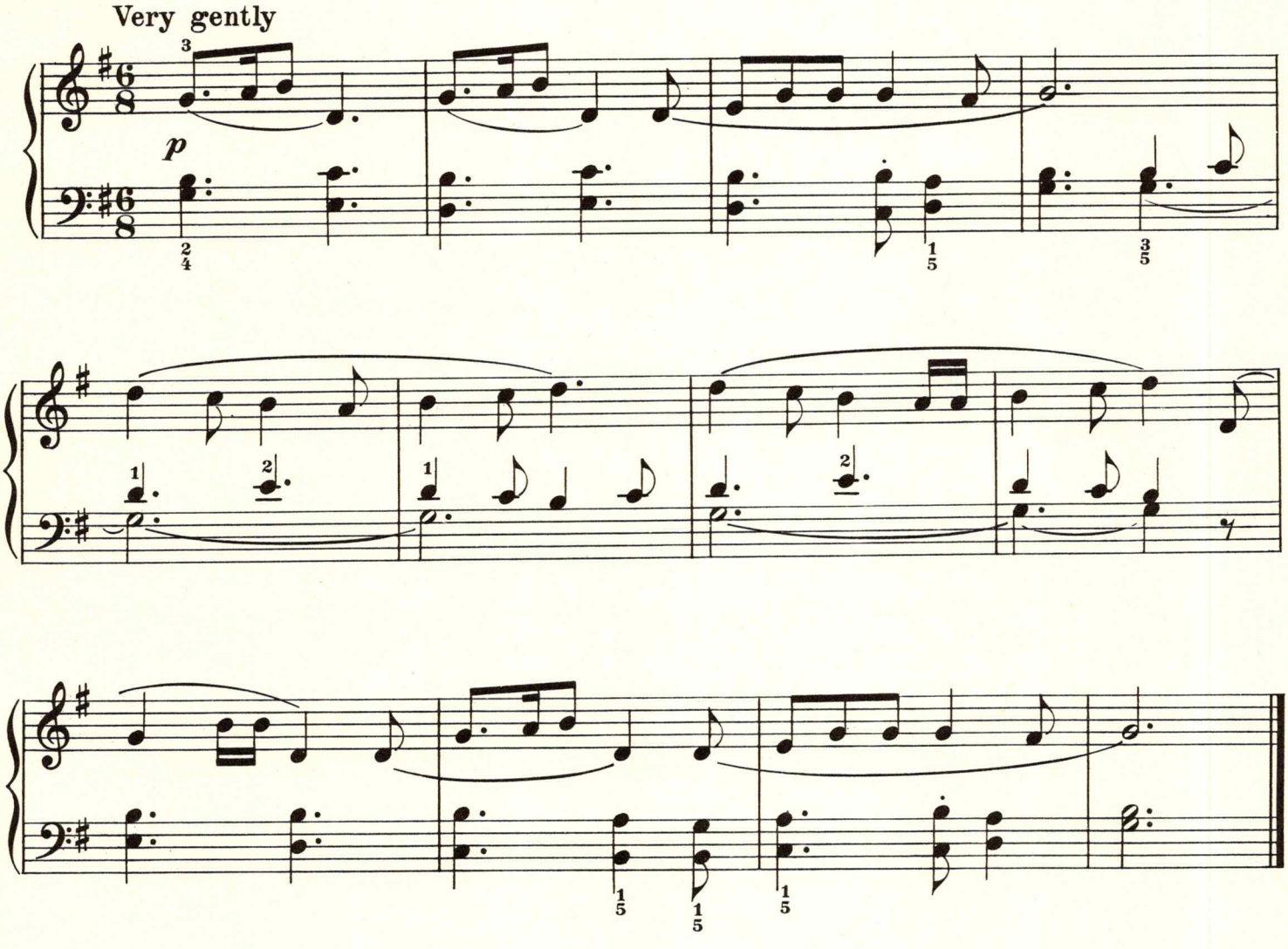
3 THE SPANISH GUITAR

American



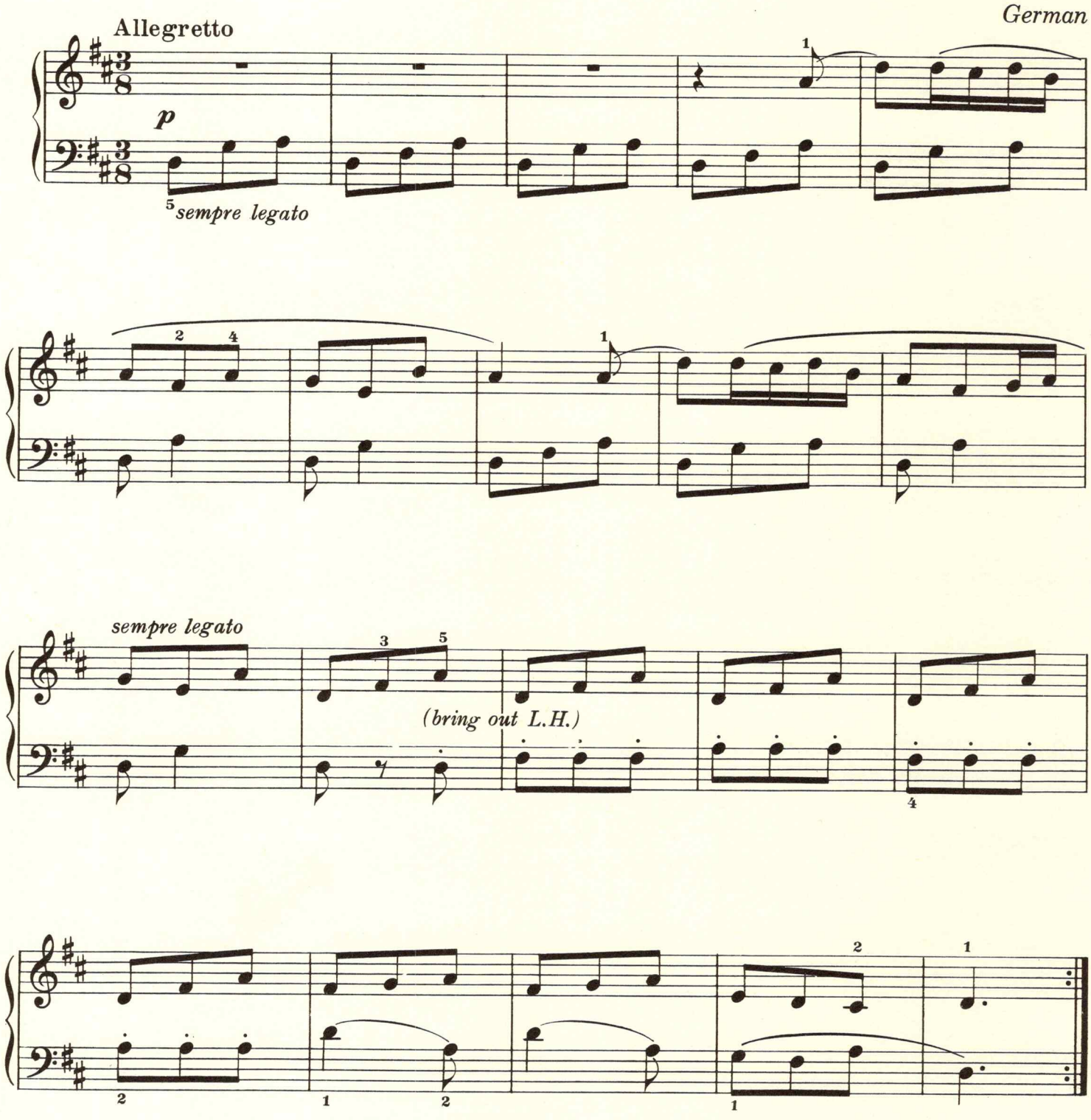
4 Cherries Are Ripe

American

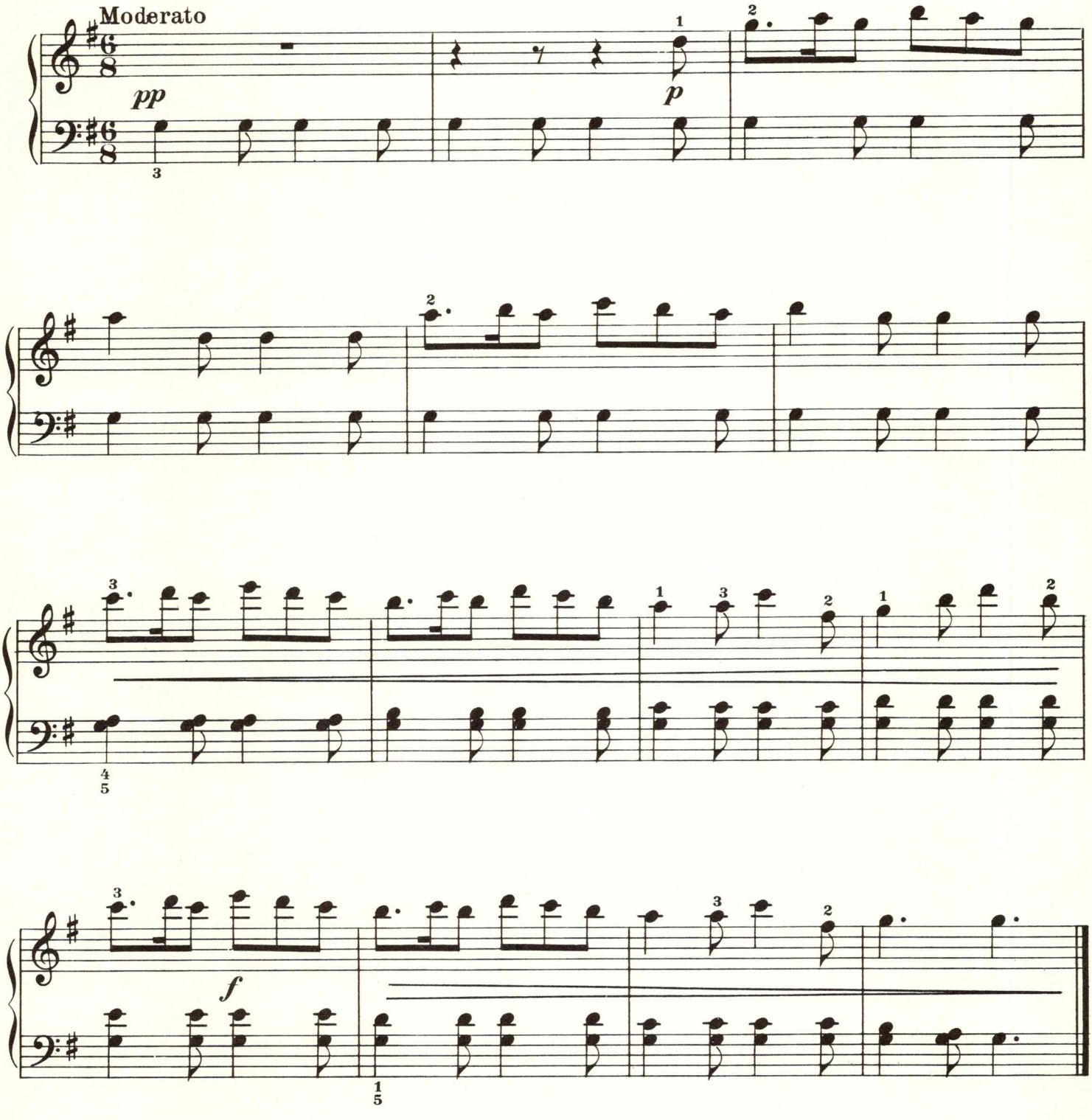


Cherries are ripe, cherries are ripe,
And Barbara shall have some.
Robin wants no cherry pies,
Quick he pecks and away he flies.
But my little child,
So gentle and mild,
She surely shall have some.

5 SPINNING SONG

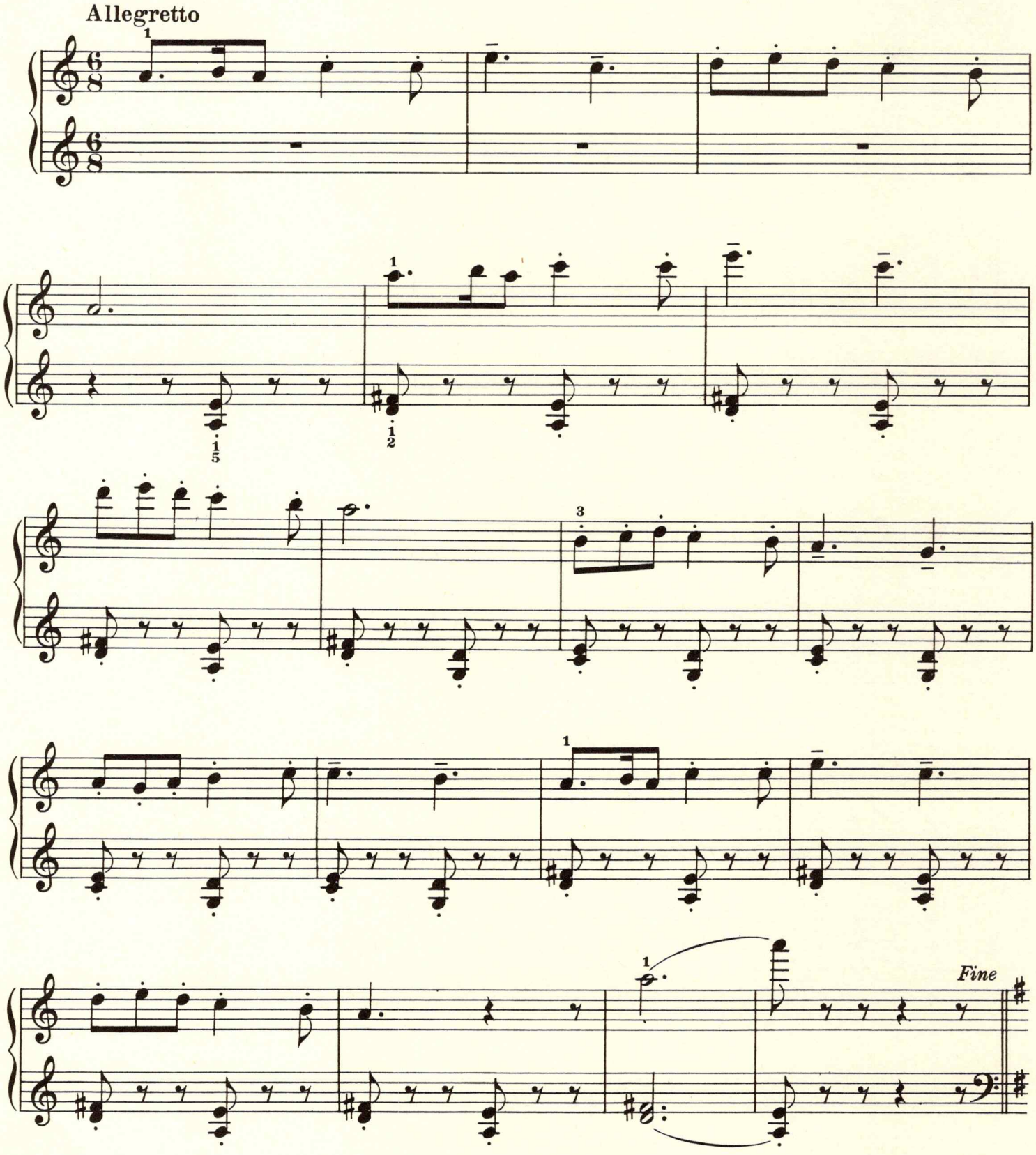


6 Alsatian Folk Melody

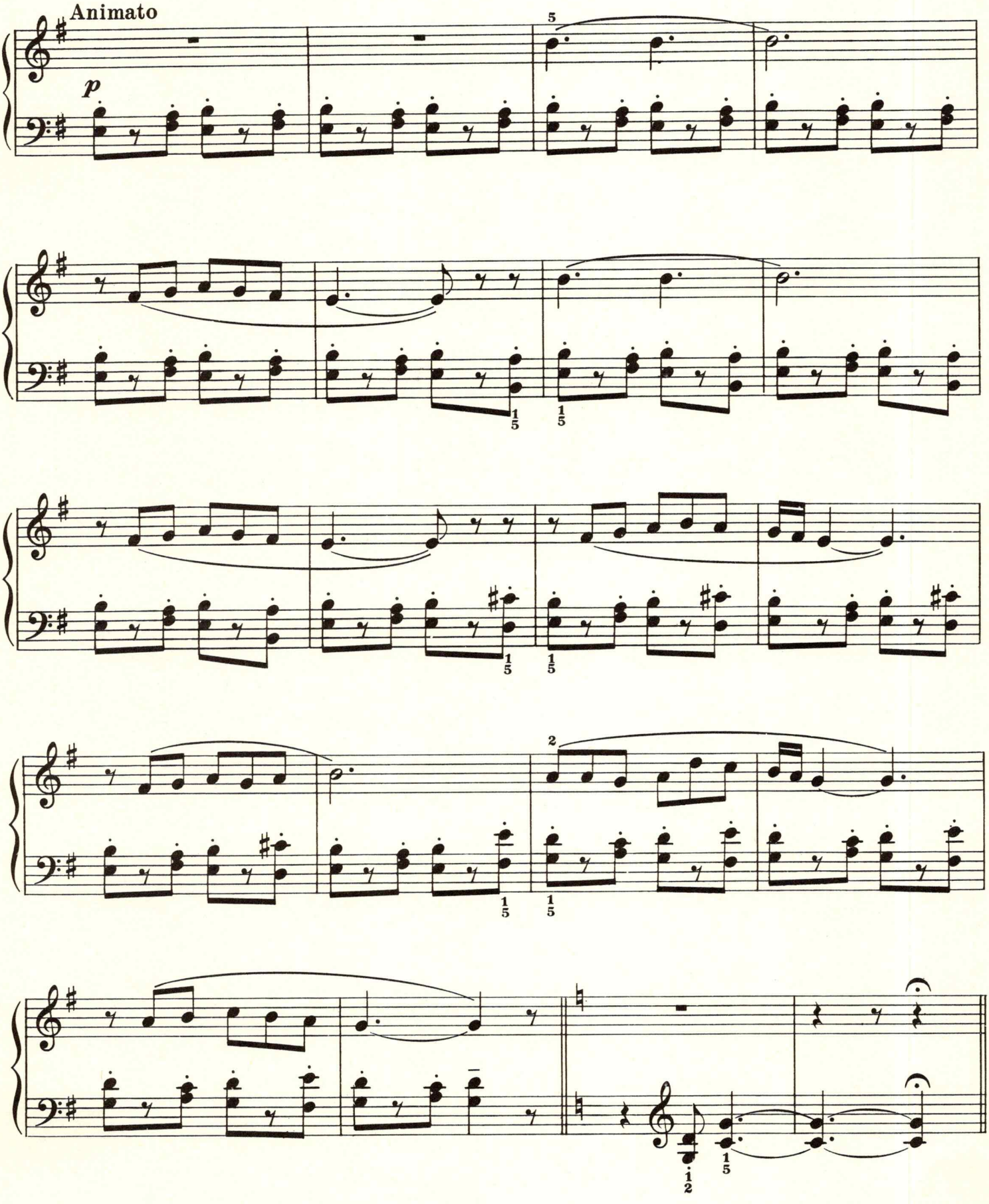


7 Three French Songs

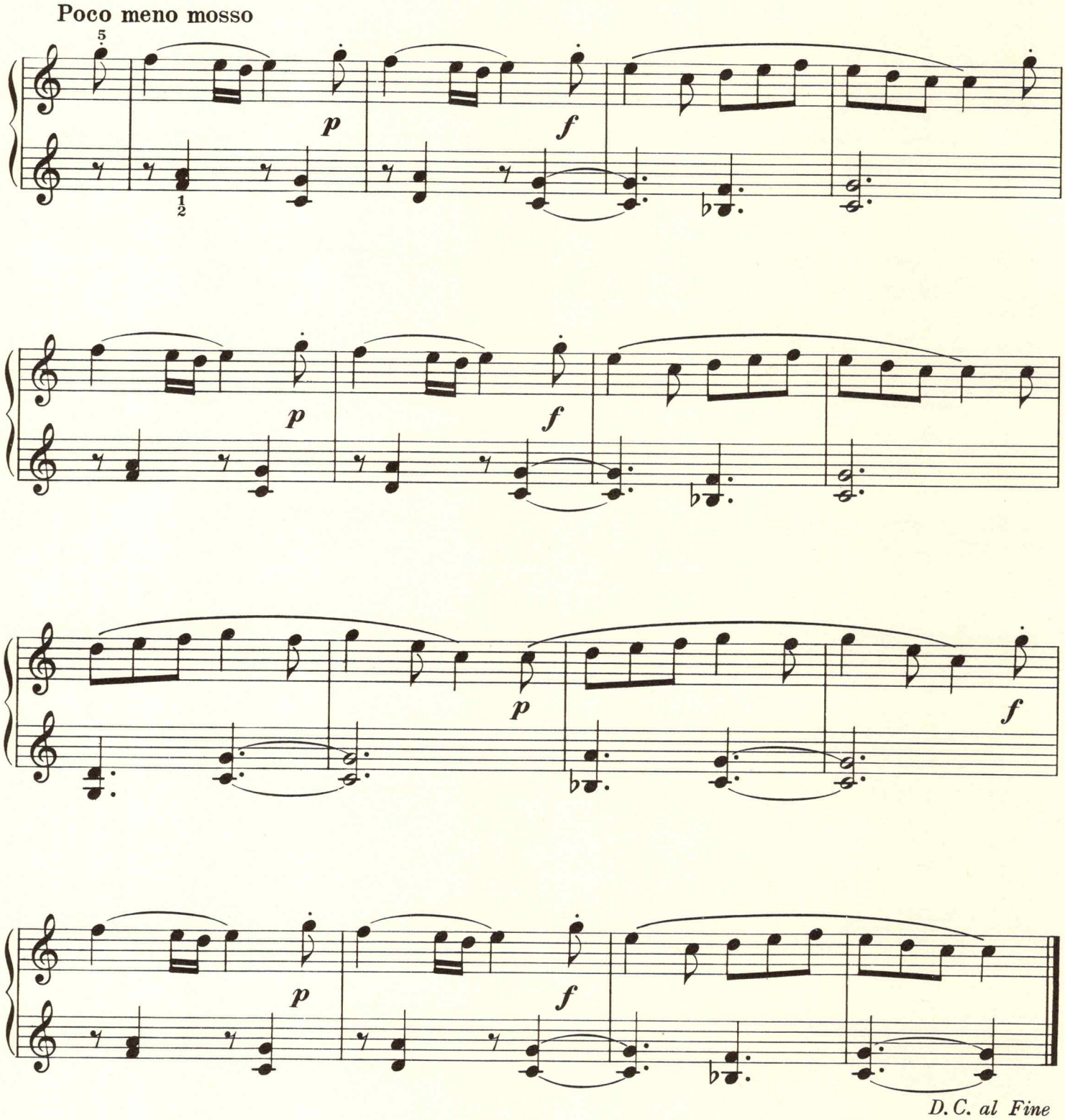
Picking Fruit



Dancing Cranes

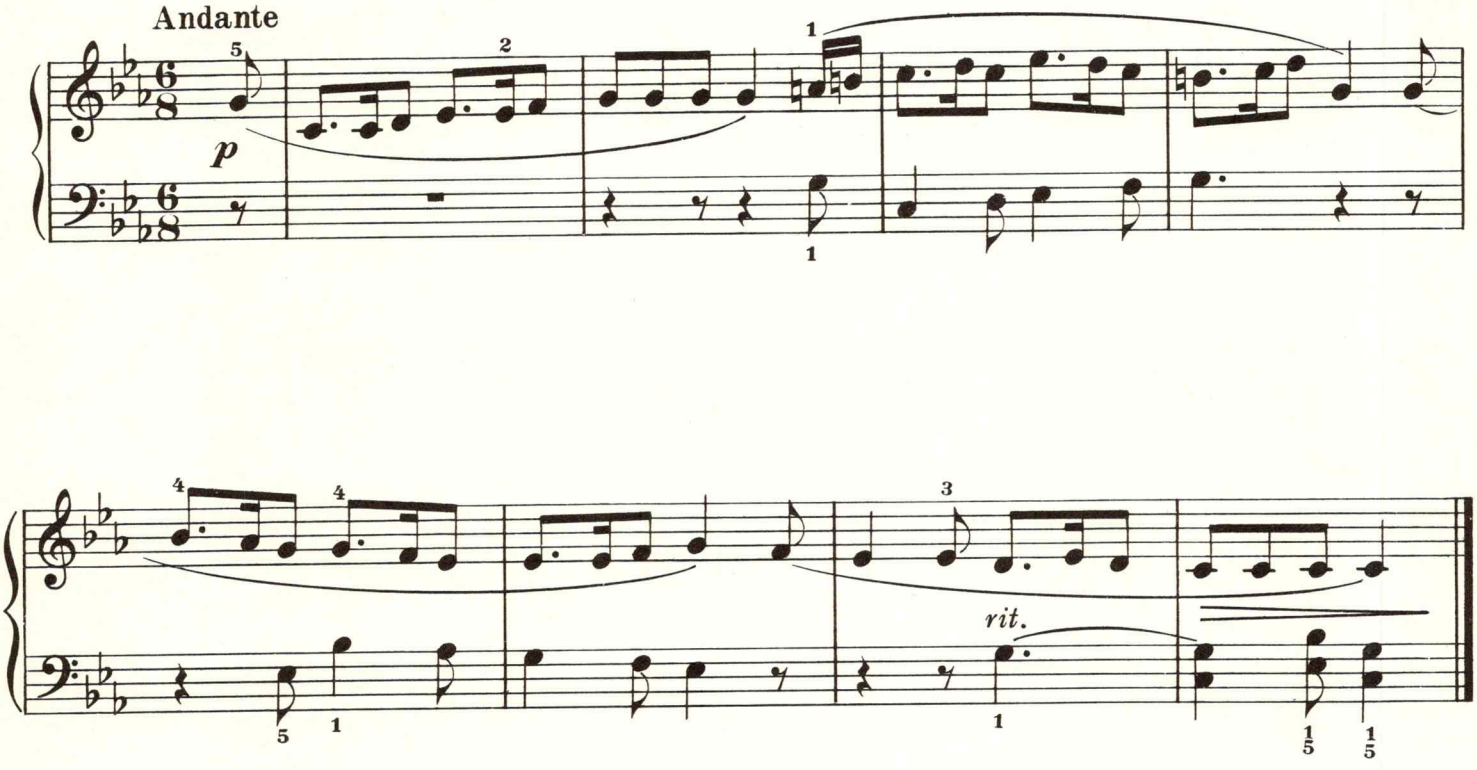


Troubadour Song



8 The Peasant and the Crow

Danish

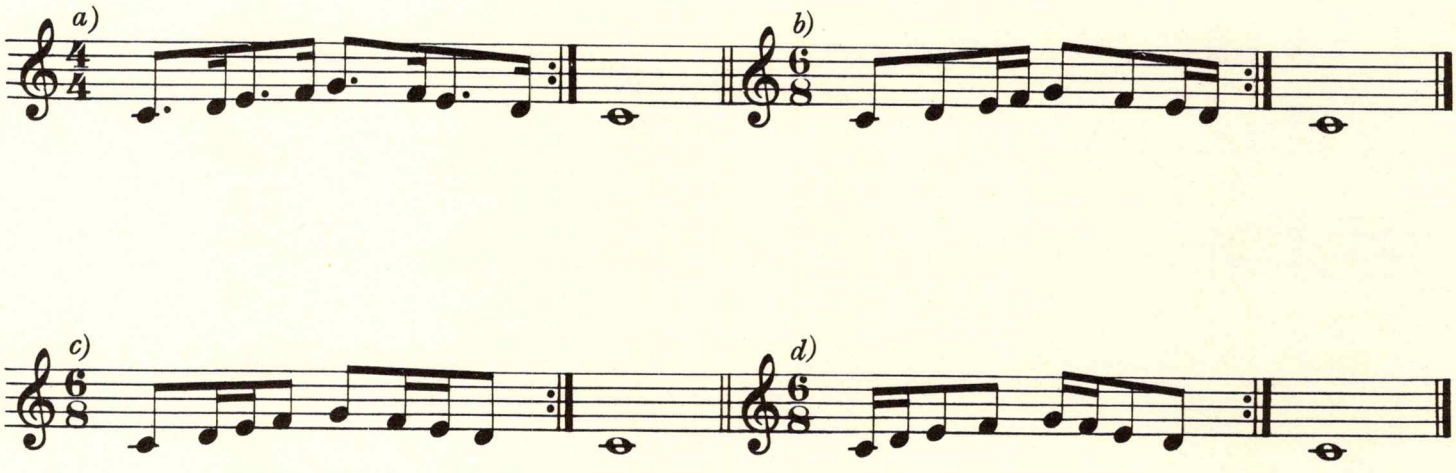


A peasant drove to the woods, heigh-ho,
He heard a caw and a cackle too,
And he spied in a tree a coal-black crow,
Caw, caw, caw, caw, cackle doodle doo doo.

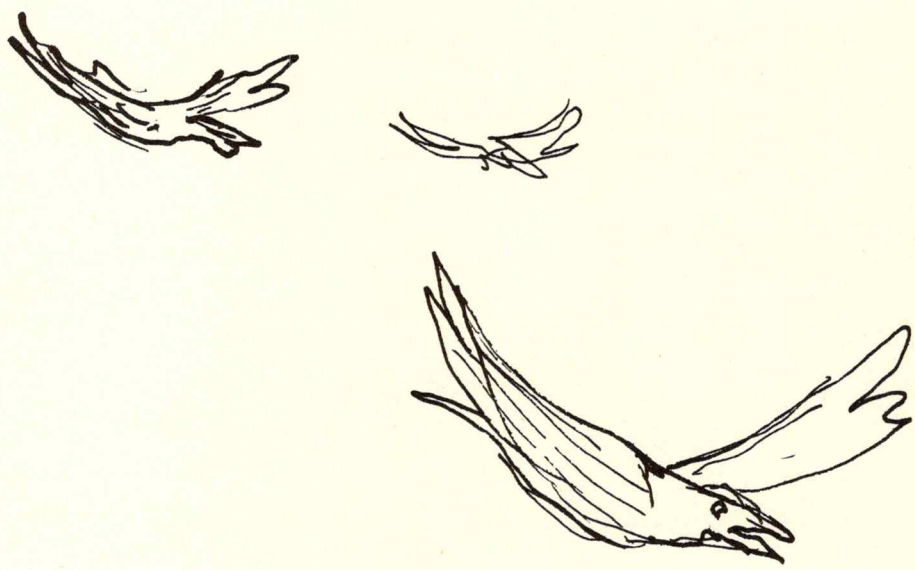
He ran back home; to his wife said he,
"A big black crow's a-biting me!"
"For shame," his buxom wife, said she,
"A biting crow I never did see."

"Oh well," he said to his good wife then,
"You sure won't see one bite again."
And he aimed his gun and what do you know?
He missed that coal-black biting crow.

EXERCISES



To be practiced in all keys, hands alone and together, parallel and contrary motion.



BOOK 4

Units 7, 8 and 9

Wilson

BOOK 5

Units 10, 11 and 12

SOUNDS and SHAPES

by Paul Sheftel

The James Wils

THE INTERNATIONAL LIBRARY OF PIANO MUSIC

Book 5

Units 10, 11 and 12

SOUNDS and SHAPES

by Paul Sheftel

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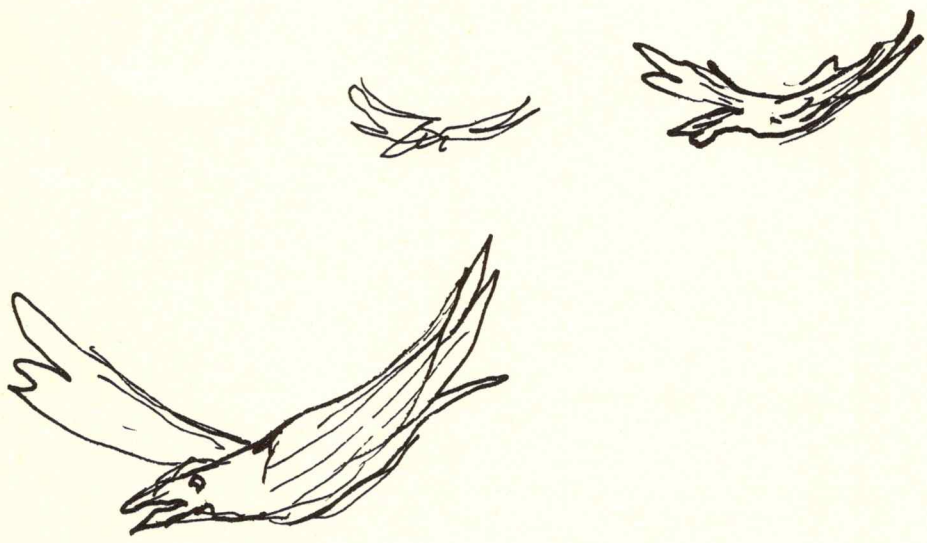
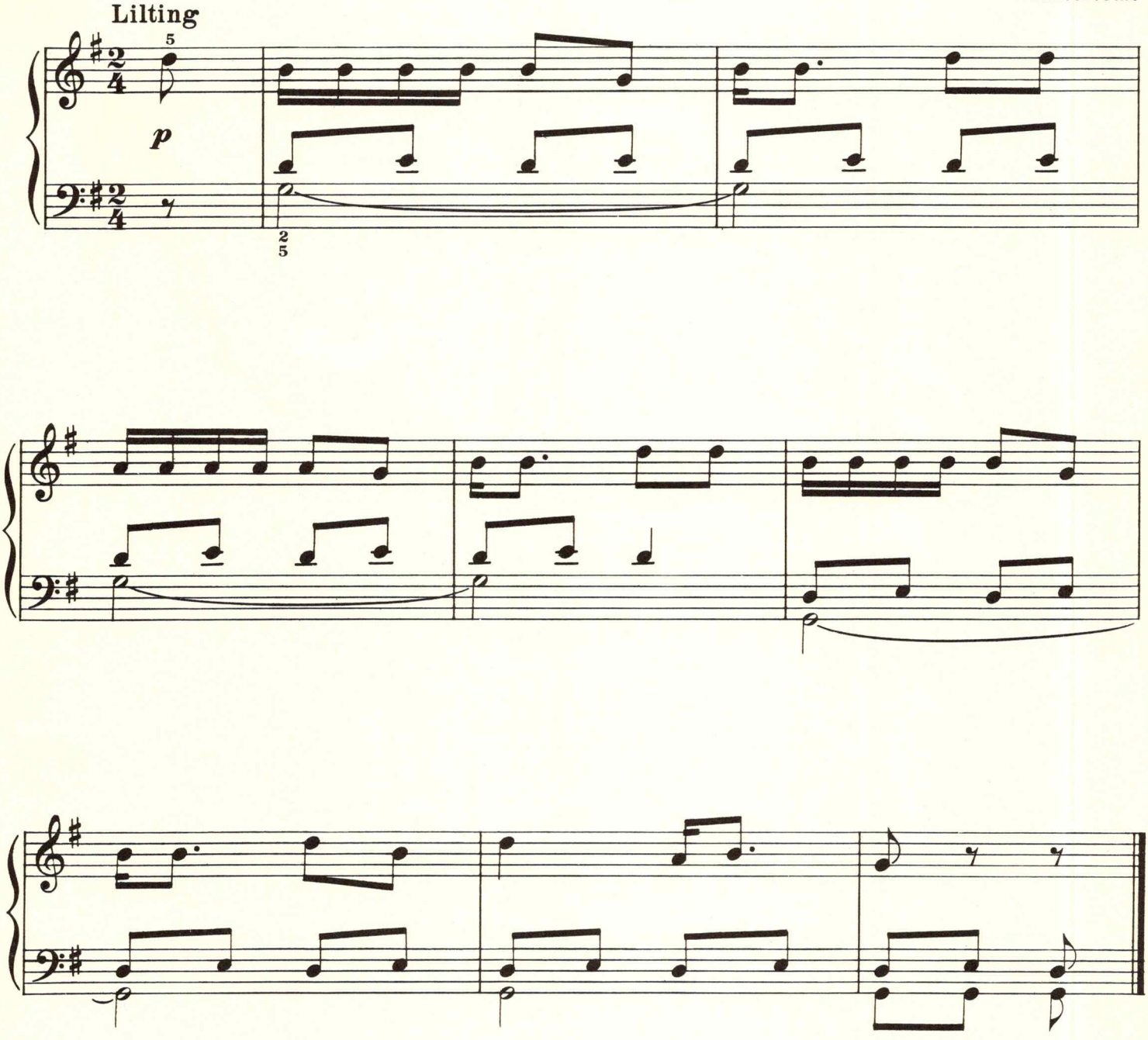
UNIT 10



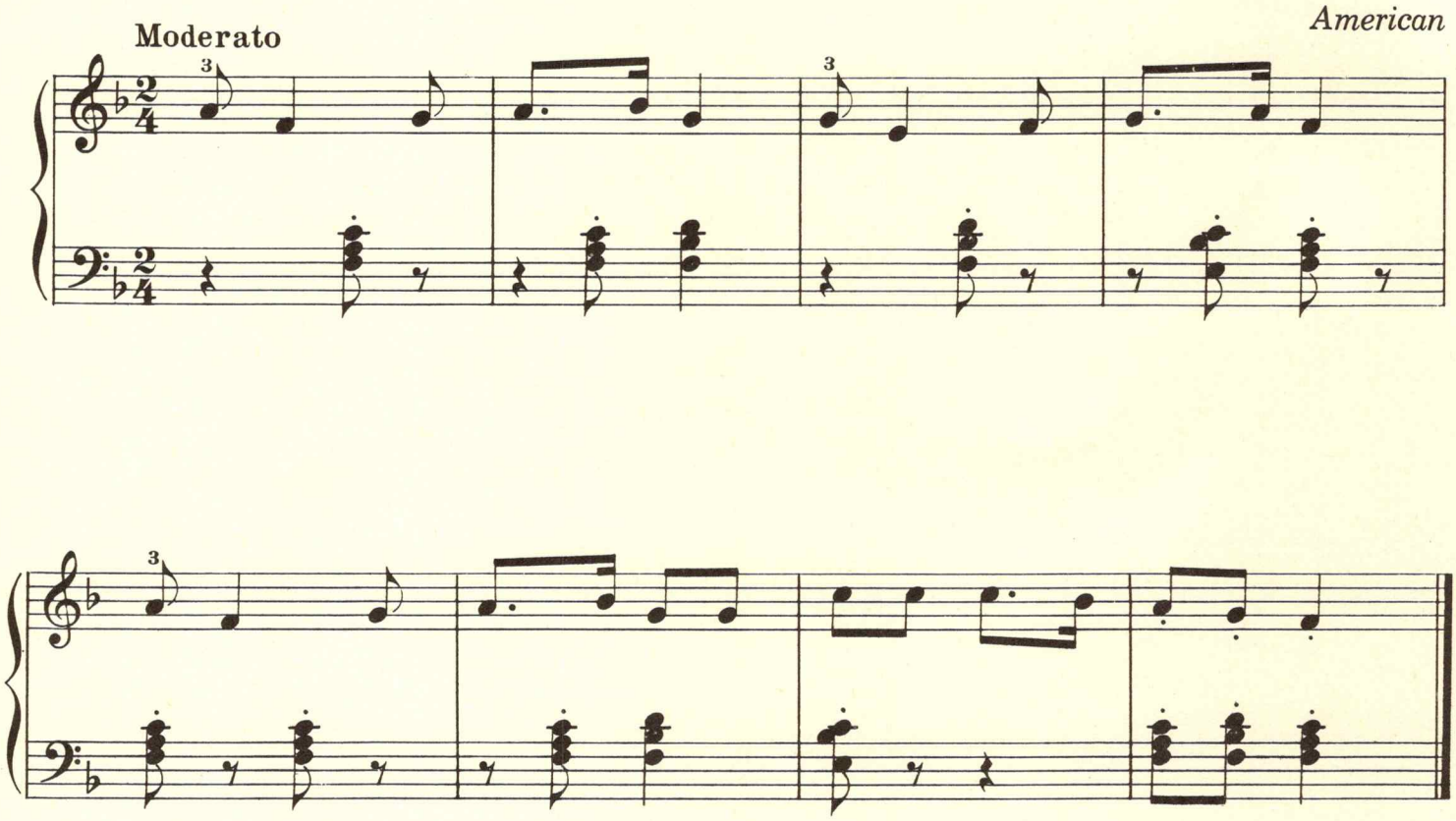
We're Going Round the Mountain

1 We're Going Round the Mountain

American



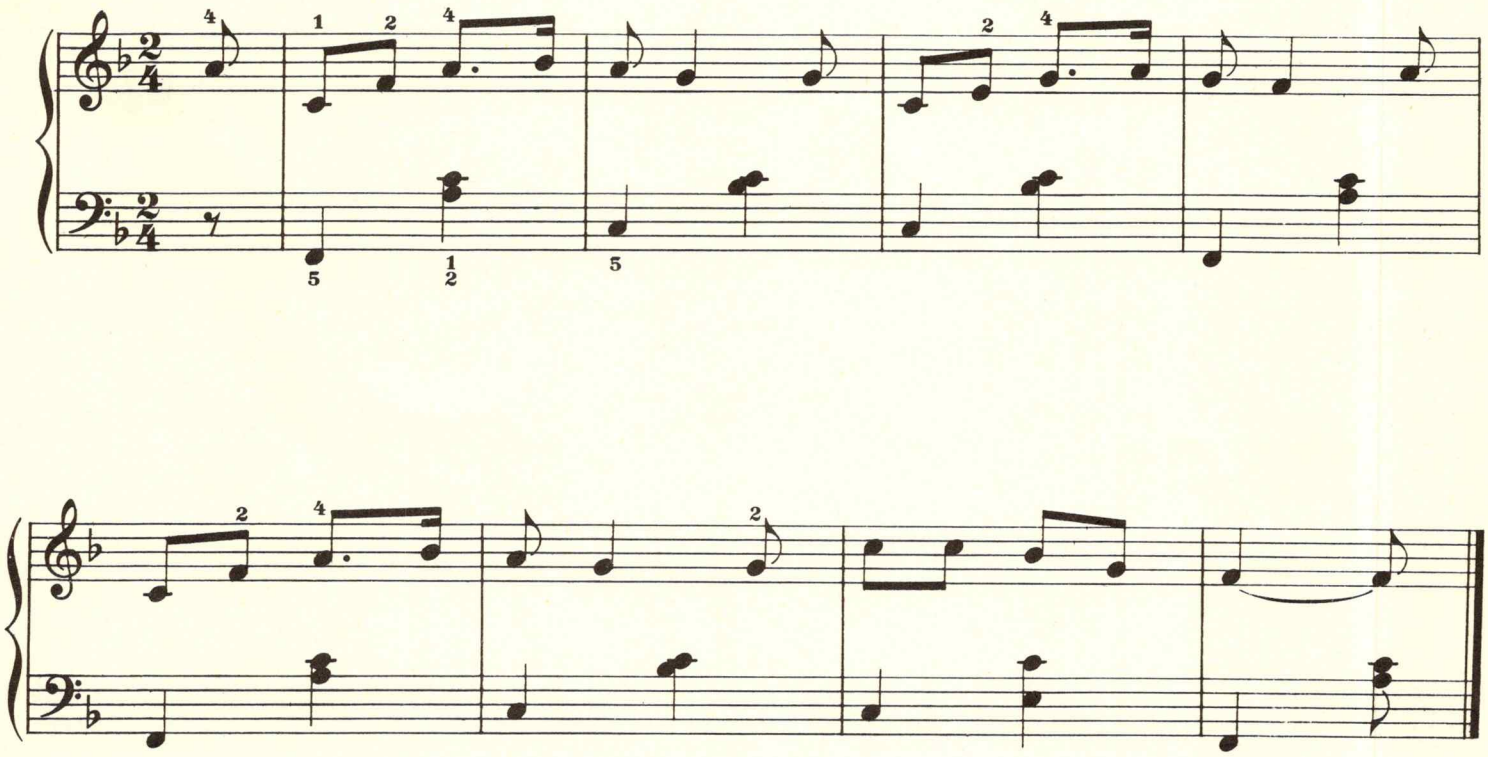
2 Shoo Fly



Shoo fly, don't bother me,
Shoo fly, don't bother me,
Shoo fly, don't bother me,
For I belong to somebody.

3 Go In and Out the Window

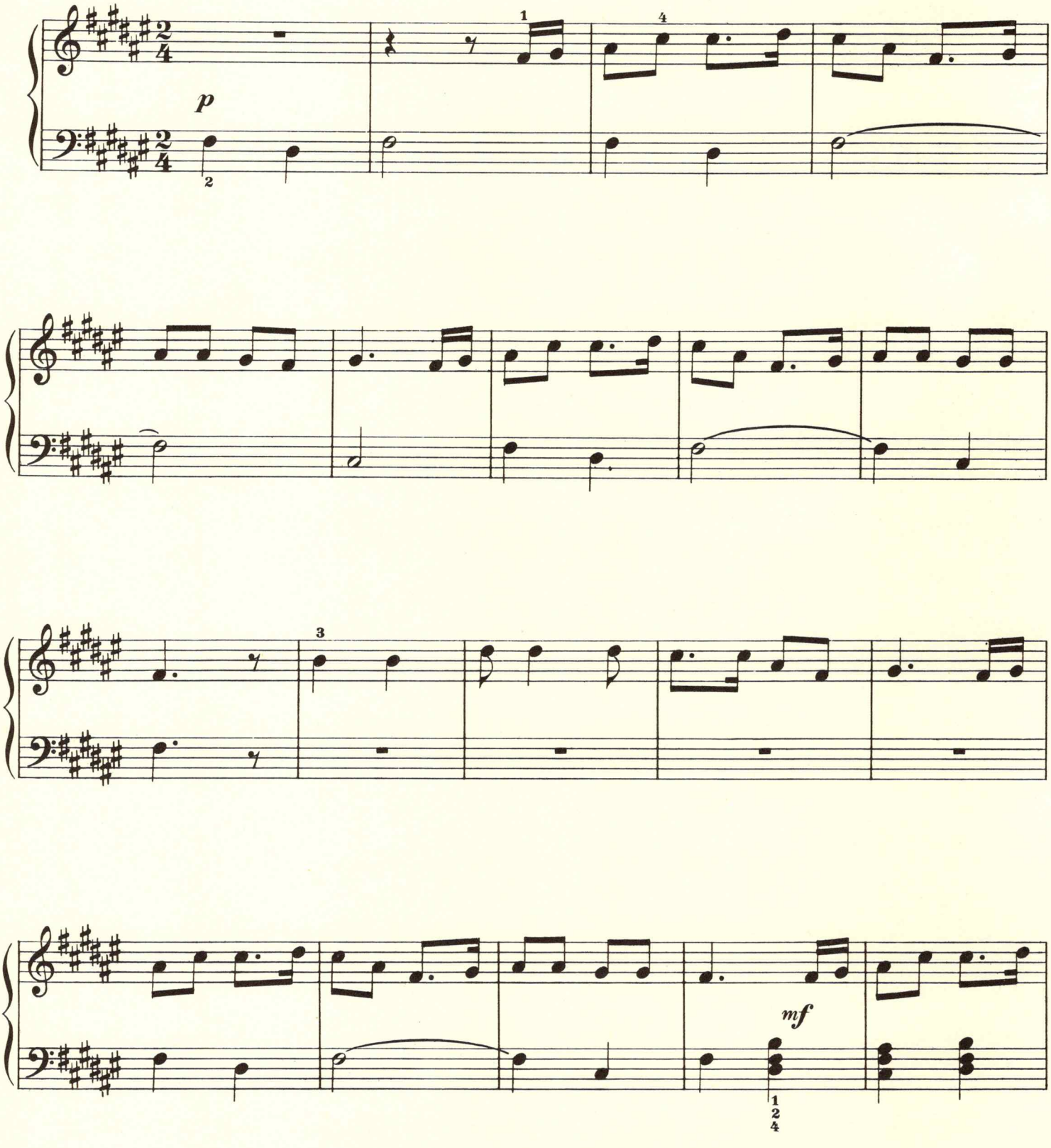
American

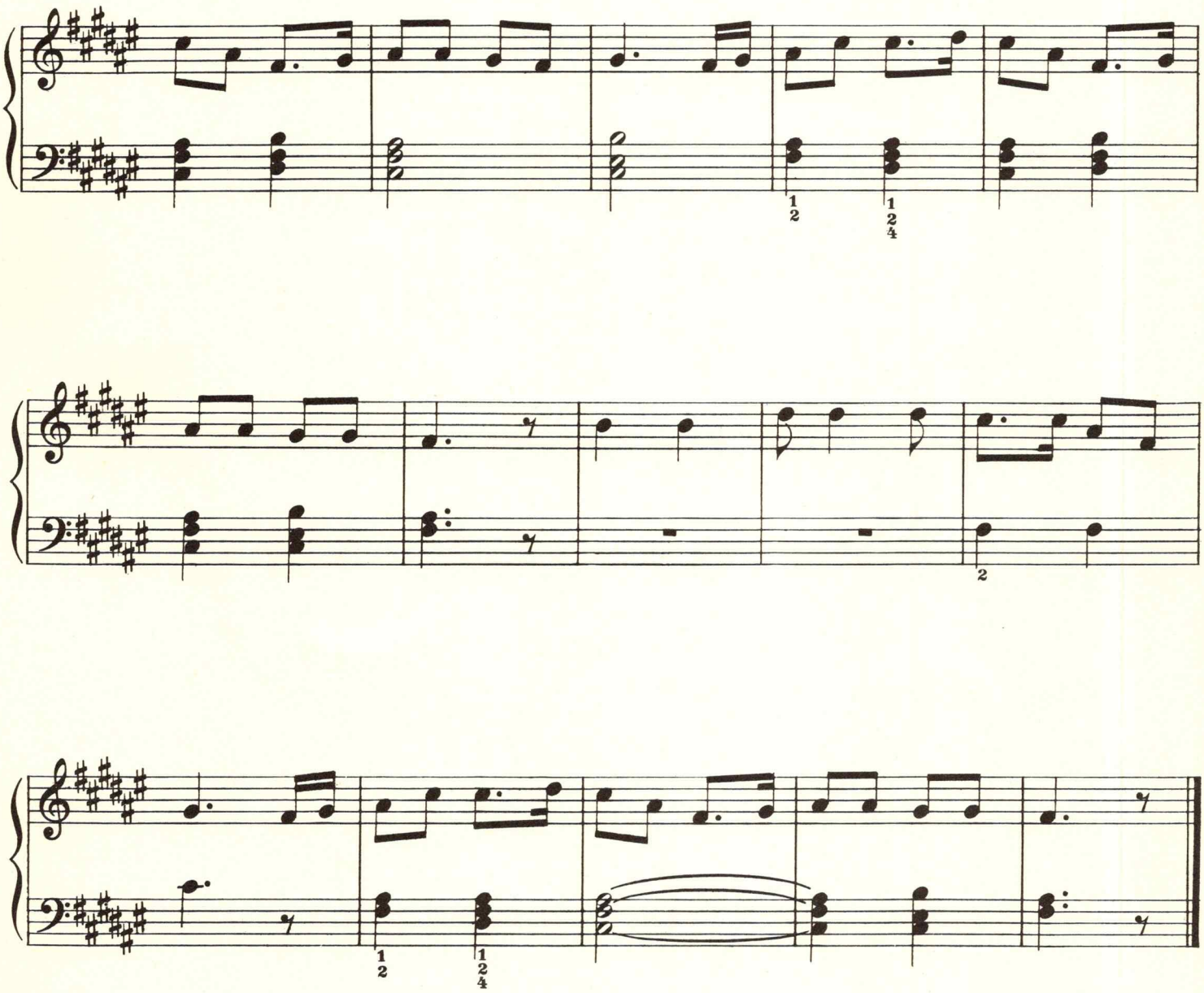


Go in and out the window,
Go in and out the window,
Go in and out the window,
As we have done before.

4 Oh Susanna

American



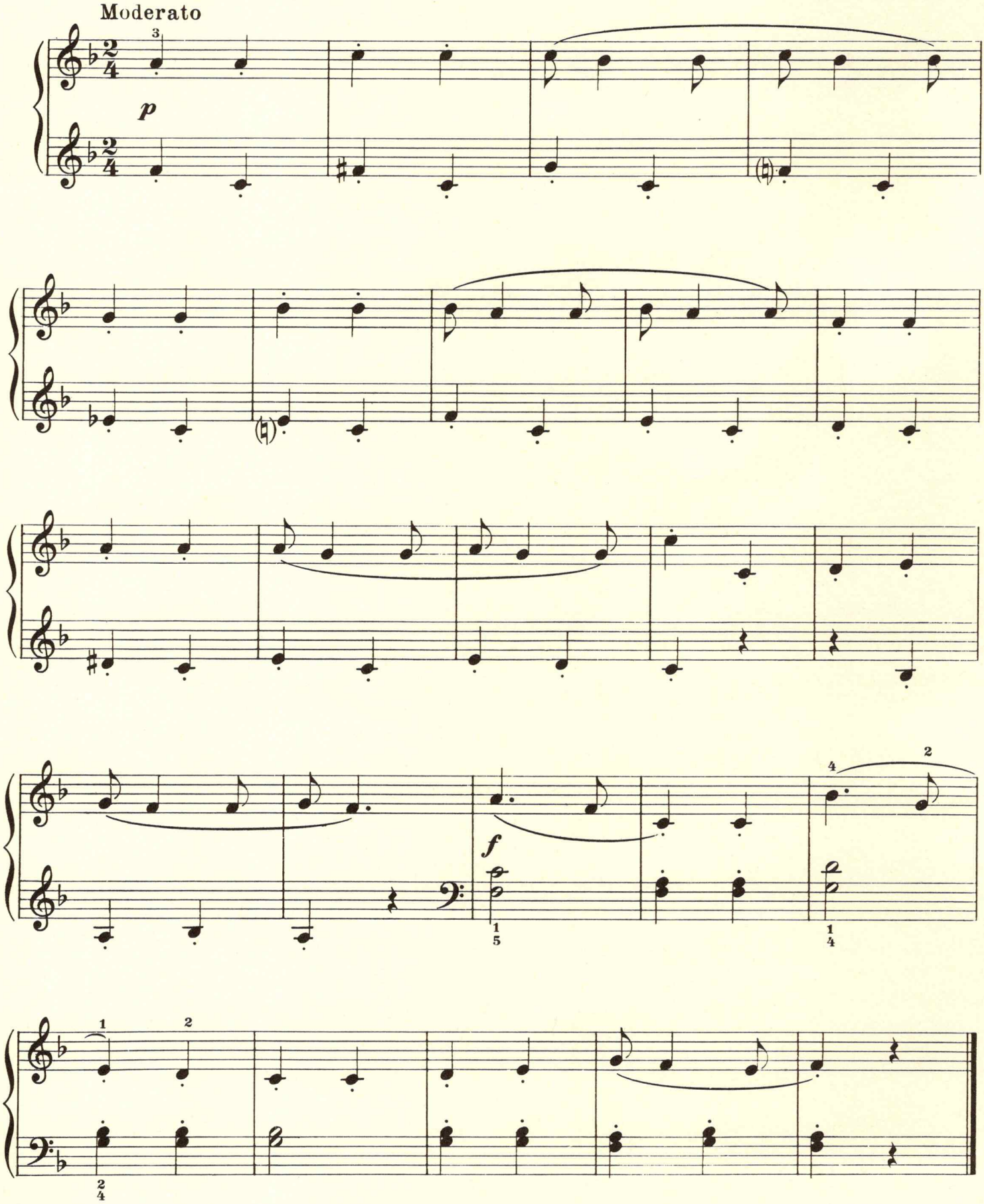


I come from Alabama, with my banjo on my knee,
I'm going to Louisiana, my true love for to see.

Refrain: Oh, Susanna, oh don't you cry for me,
For I come from Alabama with my banjo on my knee.

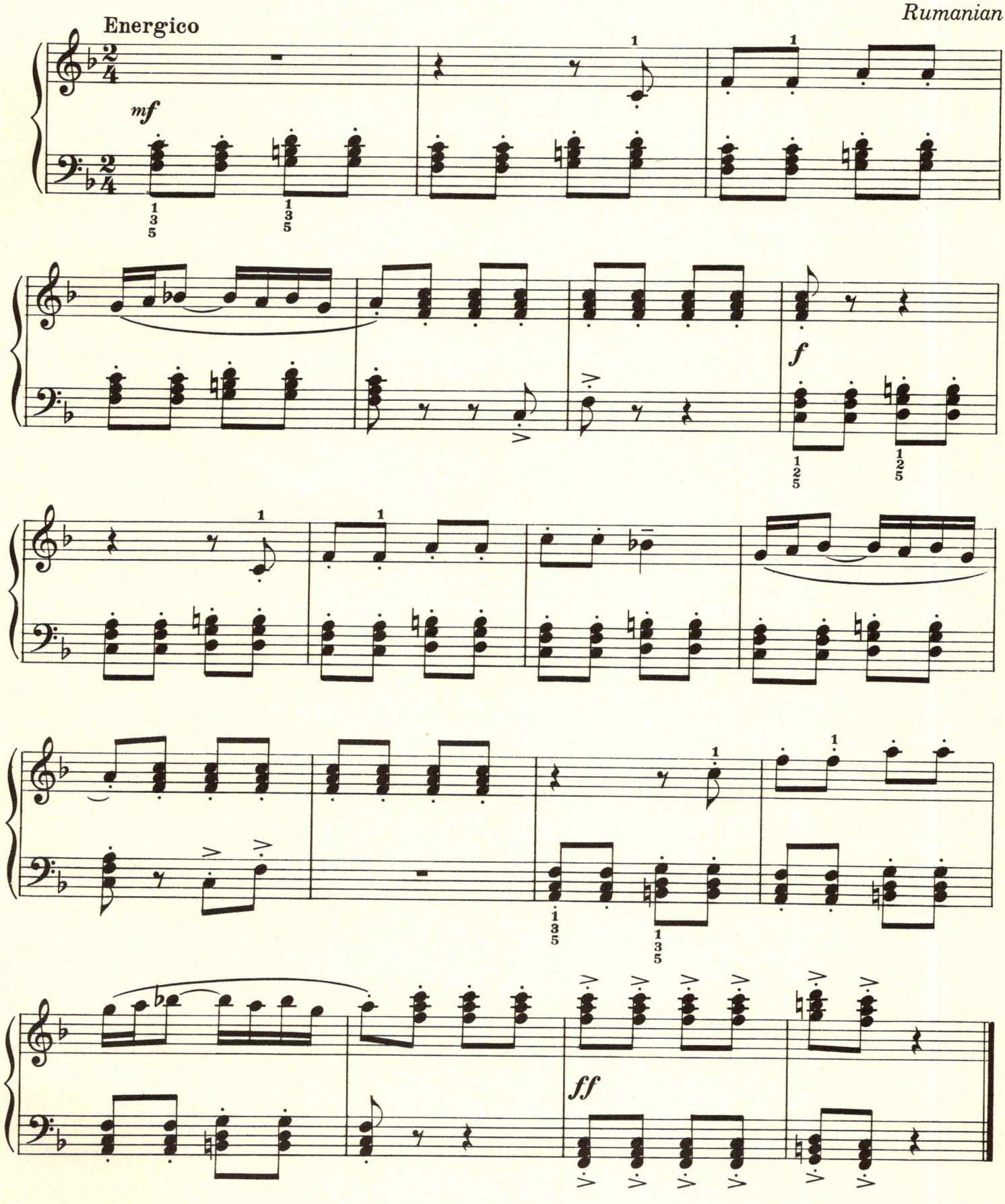
It rained all day the night I left, the weather it was dry,
The sun so hot I froze to death, Susanna don't you cry.
(*Refrain*)

5 Czech Folk Dance



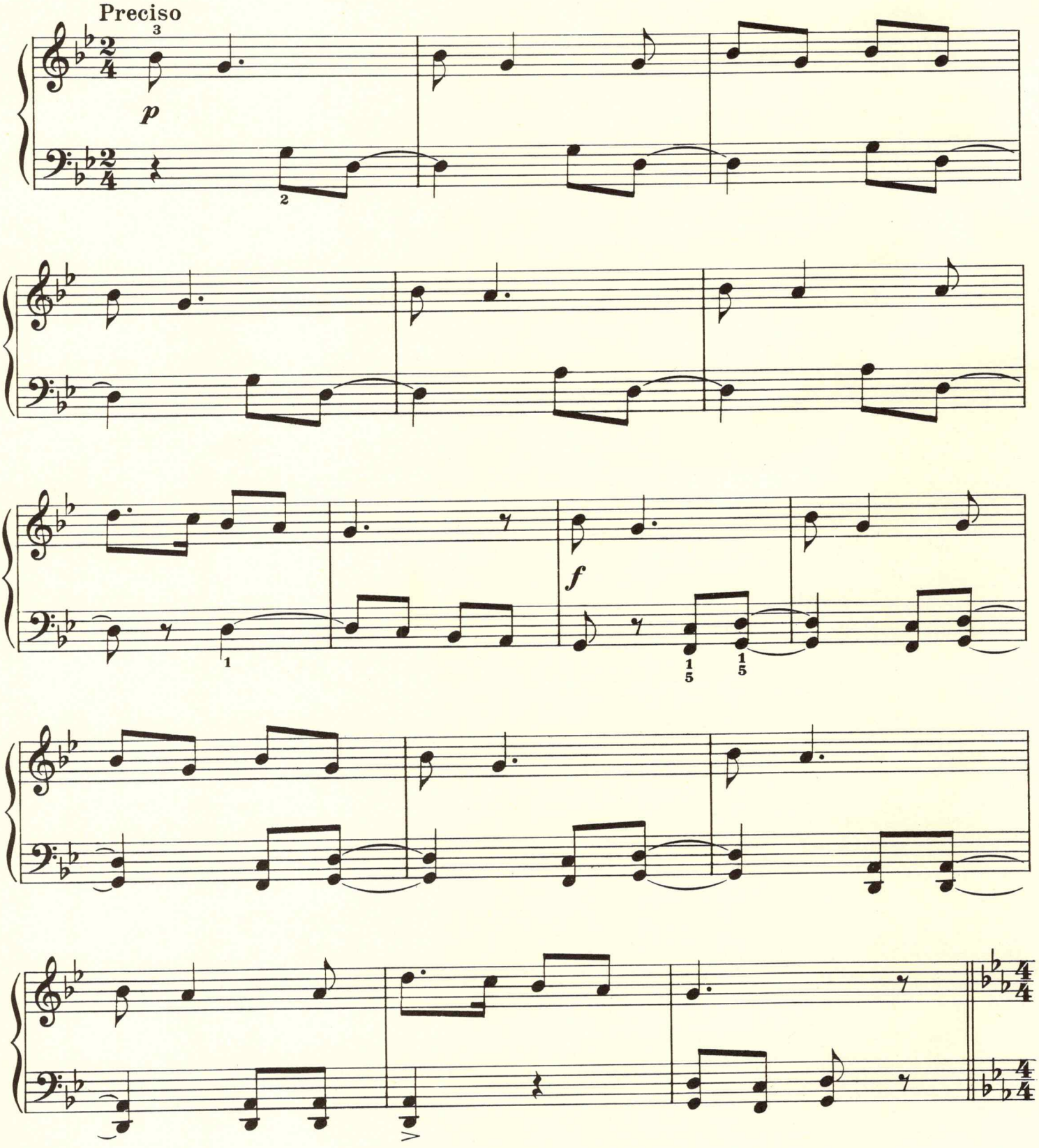
6 Fair Maidens

Rumanian



7 Two Israeli Dances

Picking Avocados



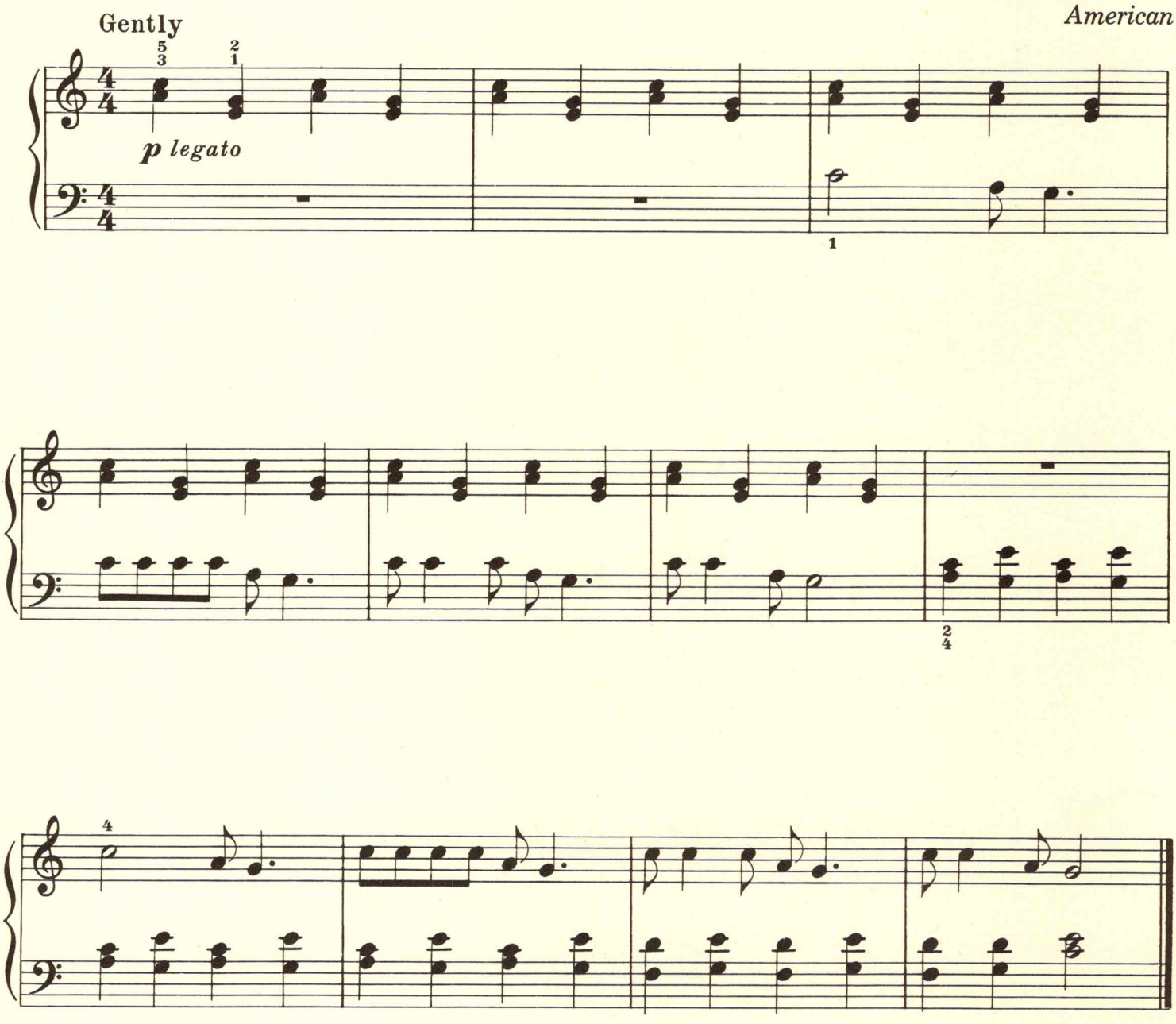
Tambourine Dance

Più mosso

p

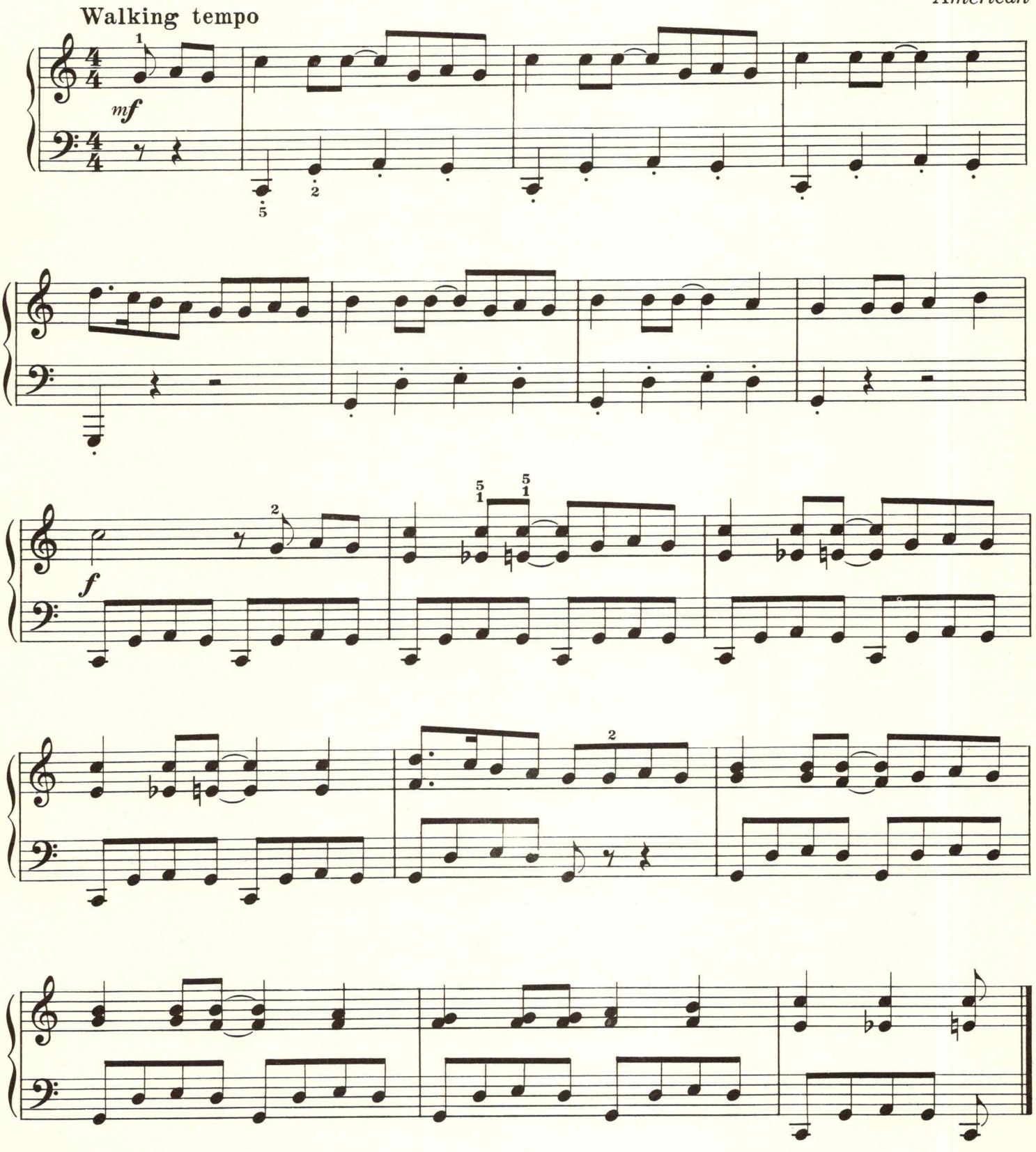
f

8 THE GARDEN WALL

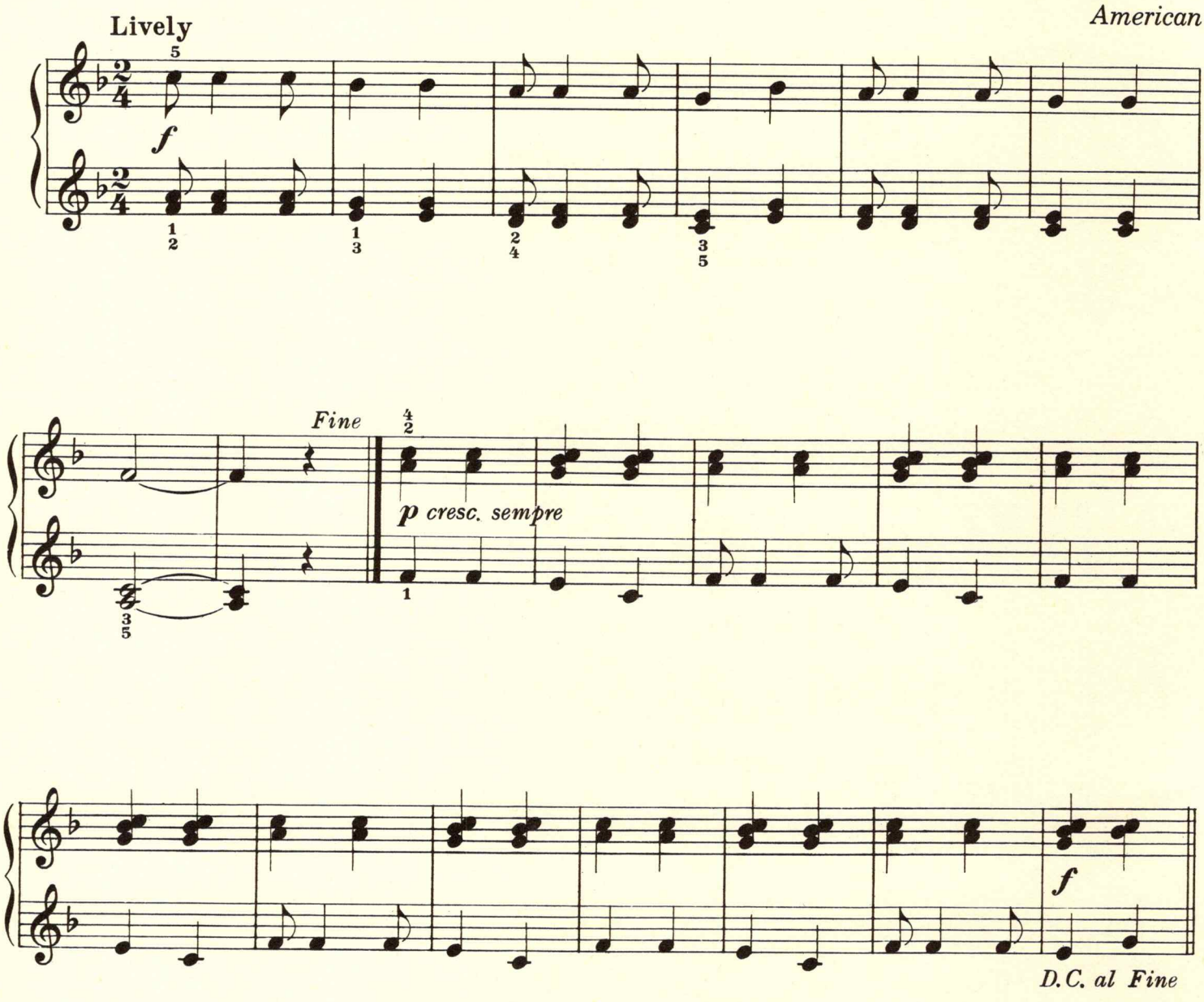


9 HOKEY POKEY

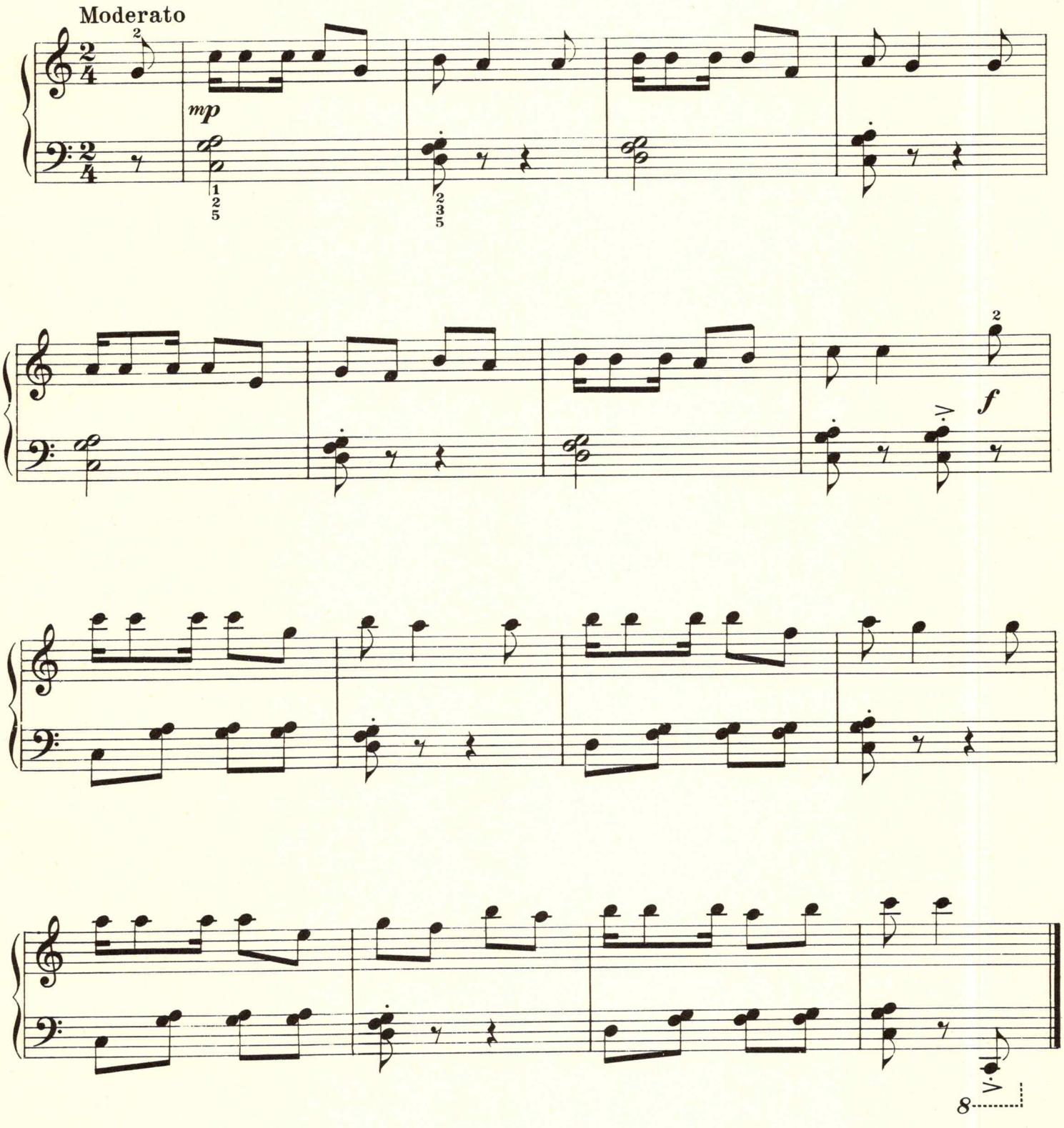
American



10 M'SIEU BANJO

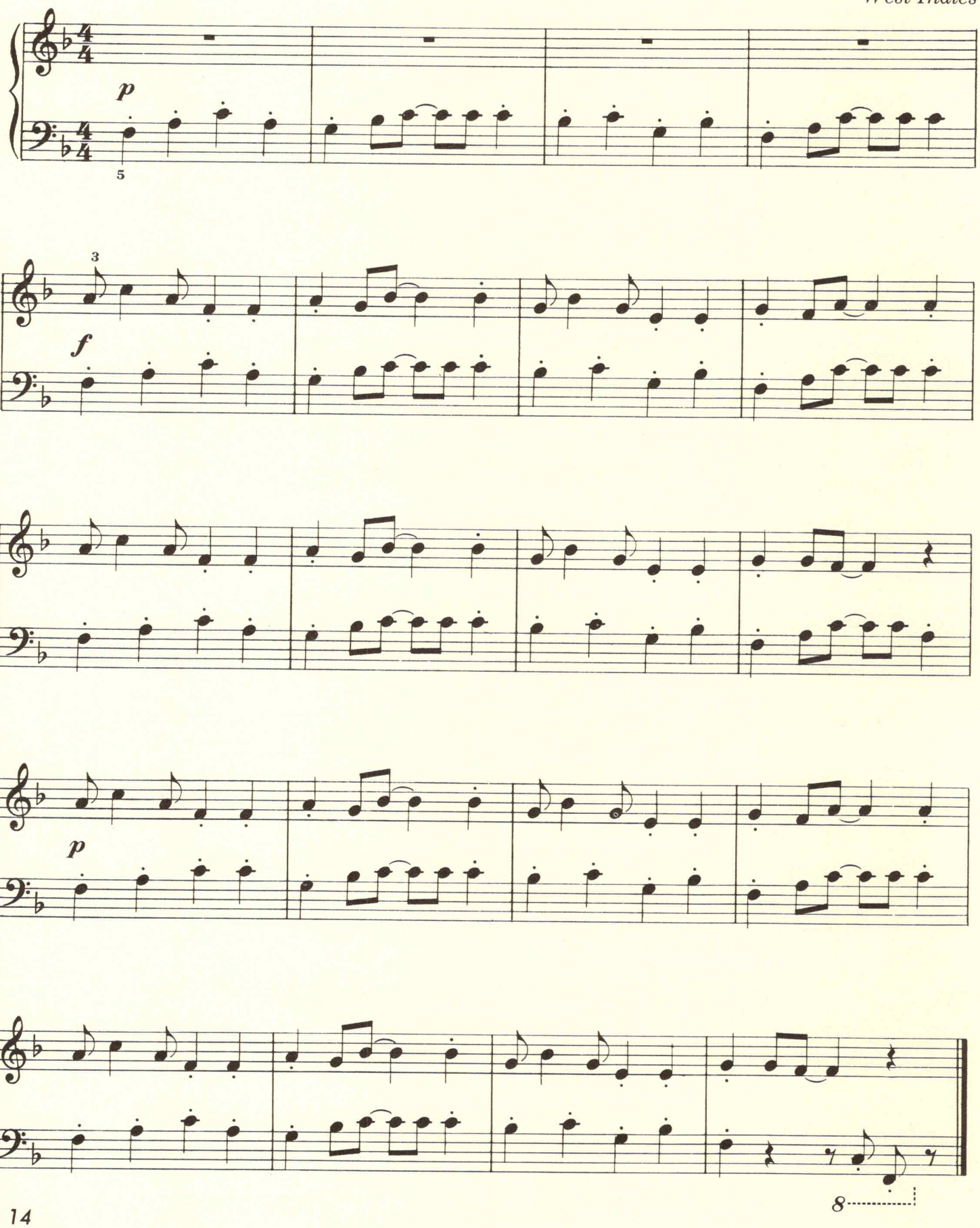


11 Brazilian Dance



12 CALYPSO

West Indies



EXERCISES

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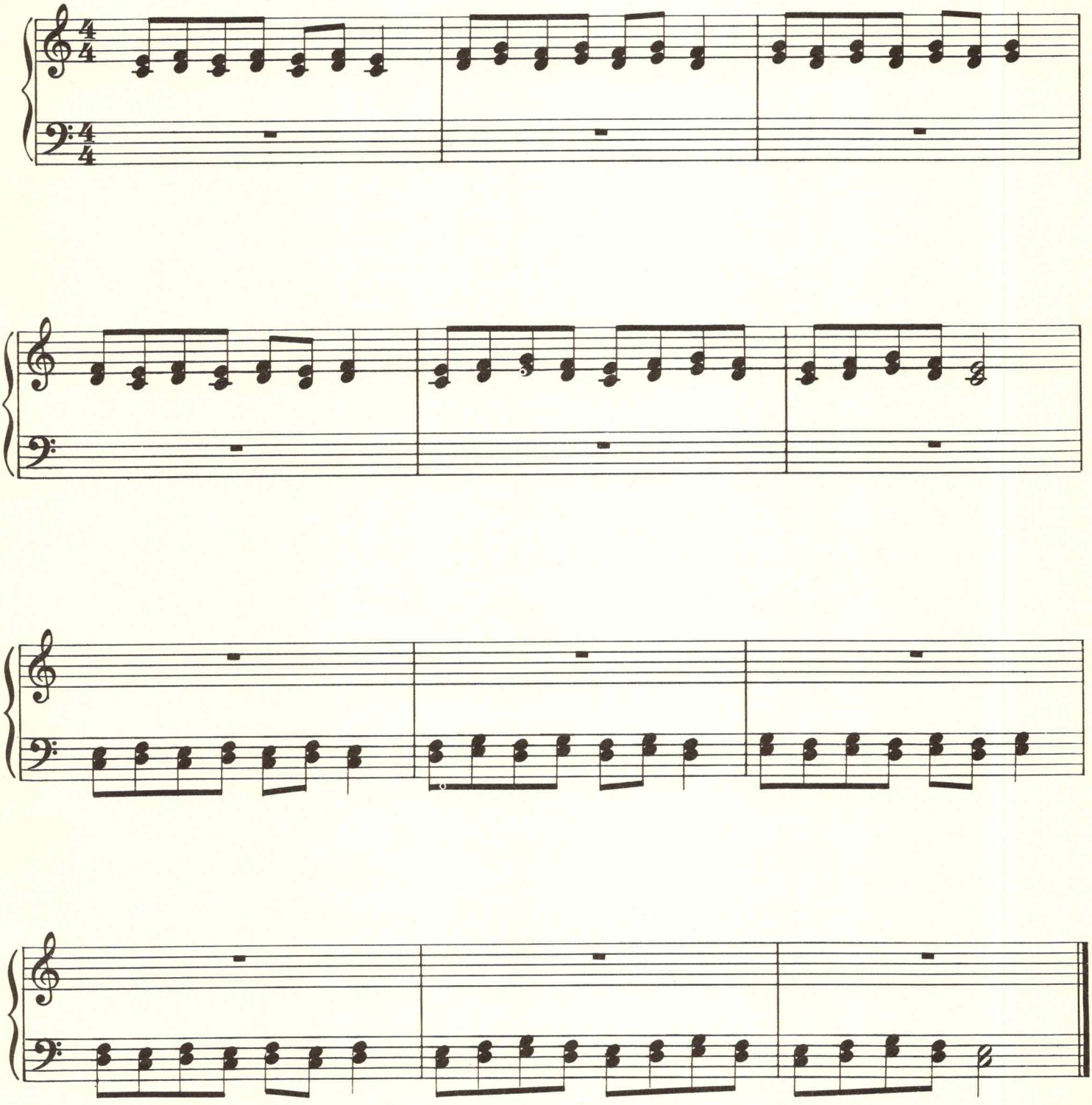

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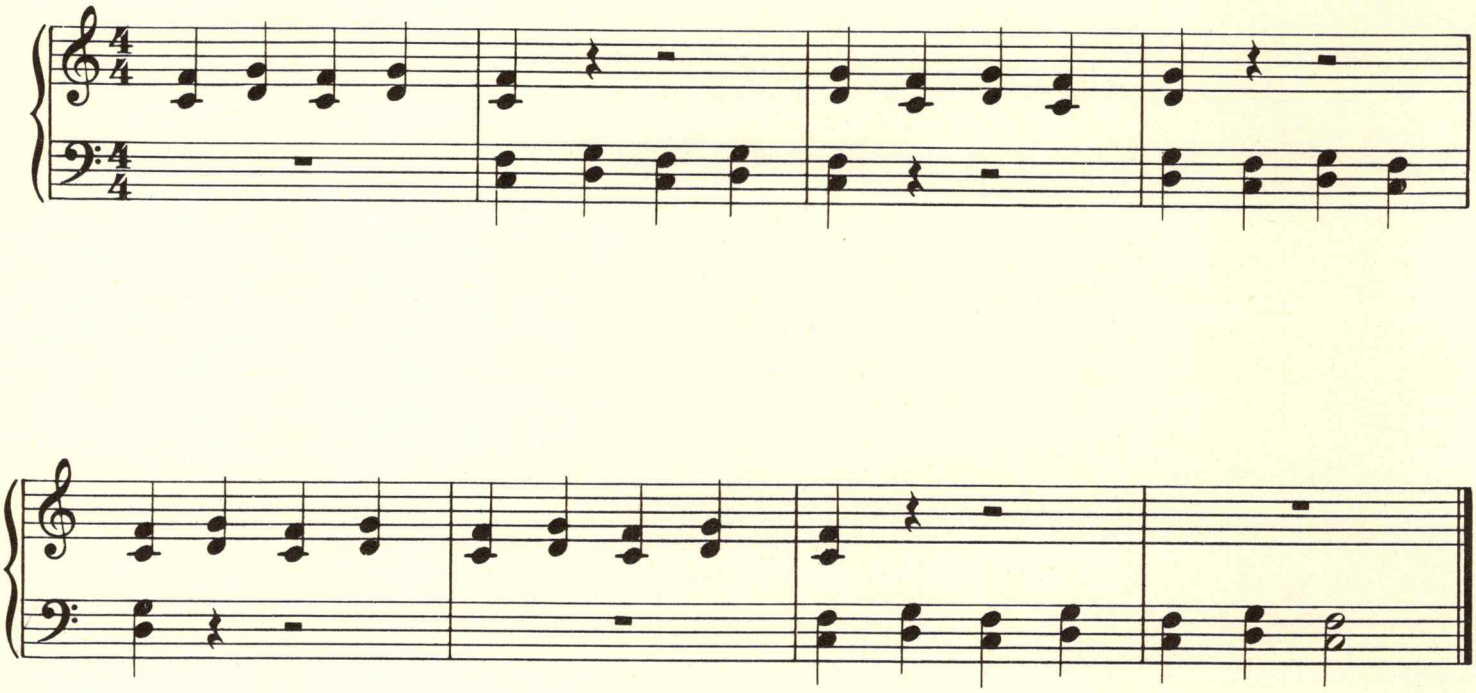

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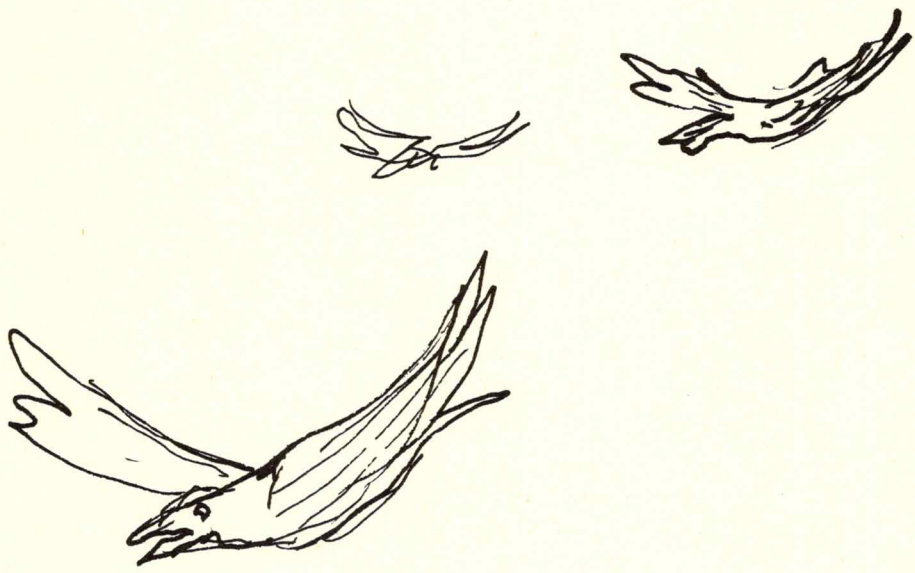
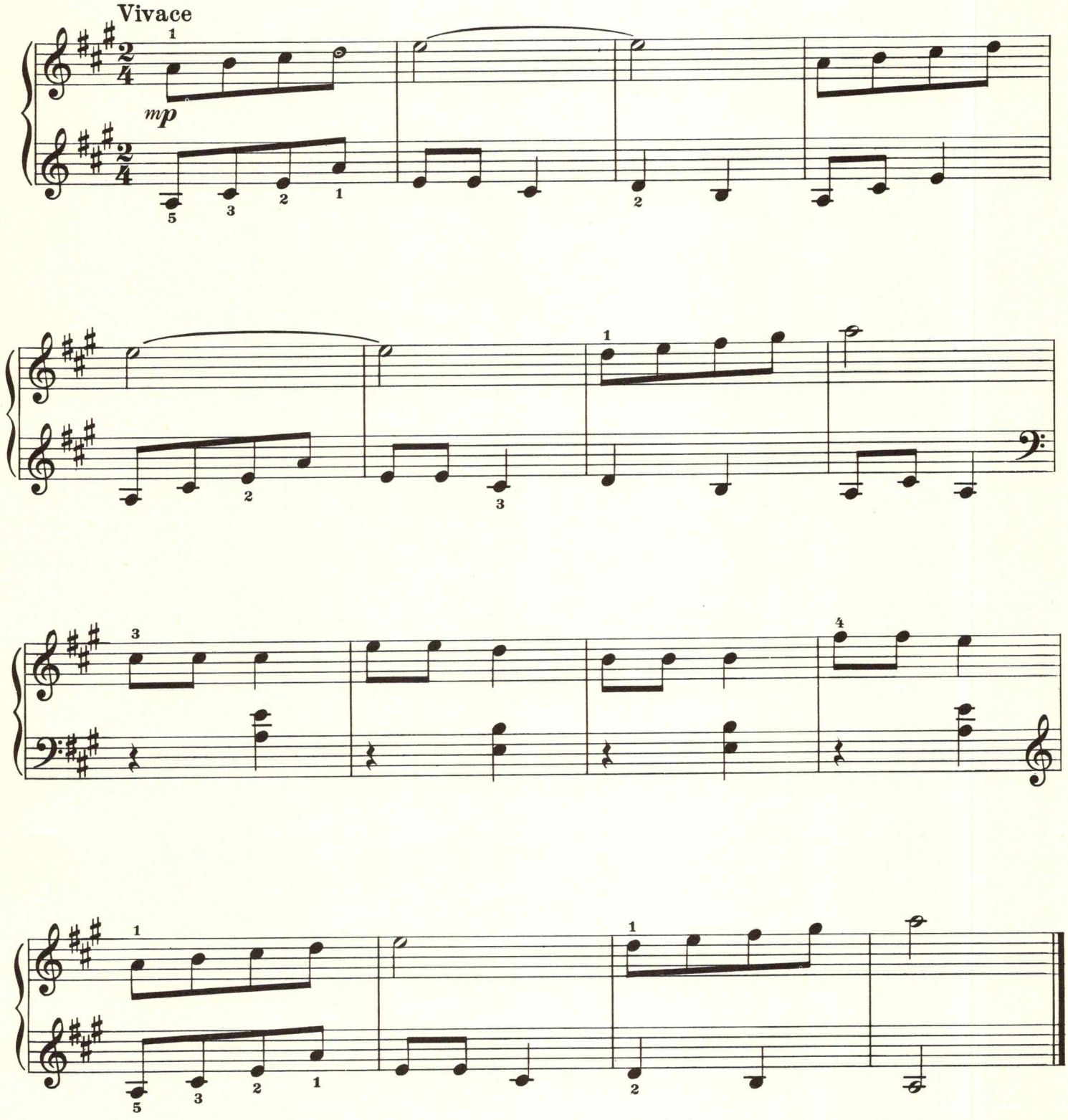


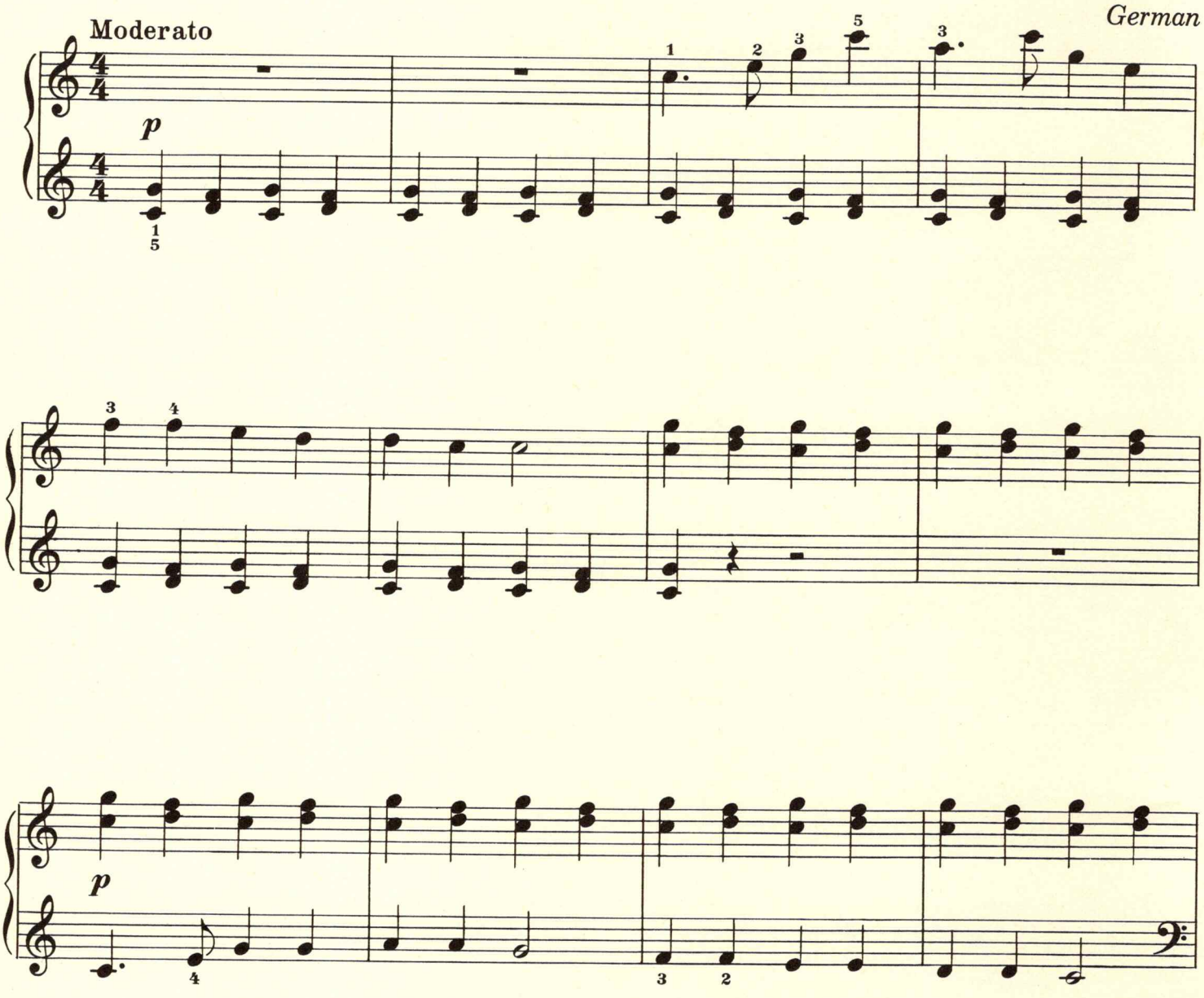
Spring Is Here

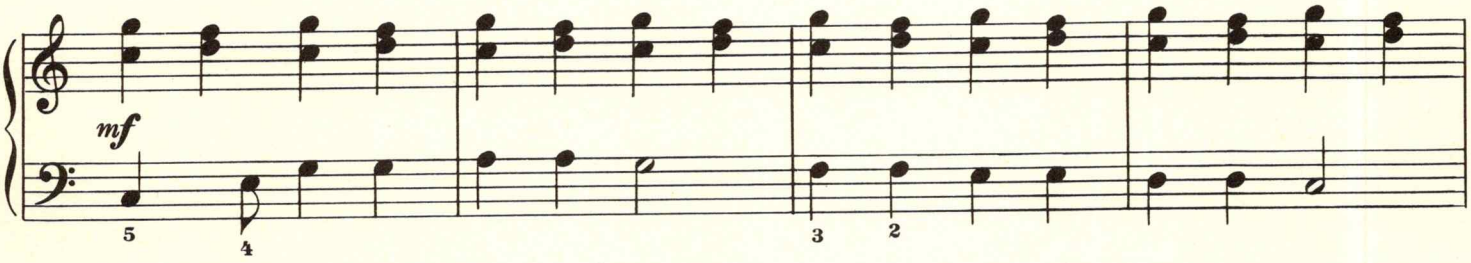
1 PA'AM ACHA

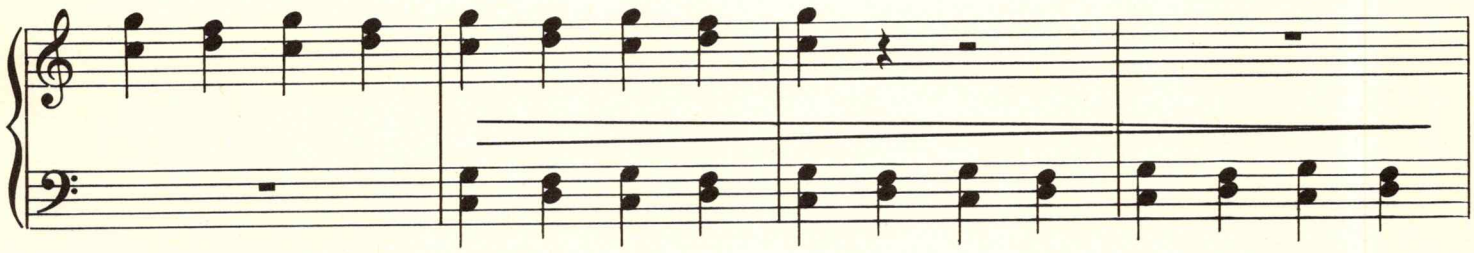
Israeli

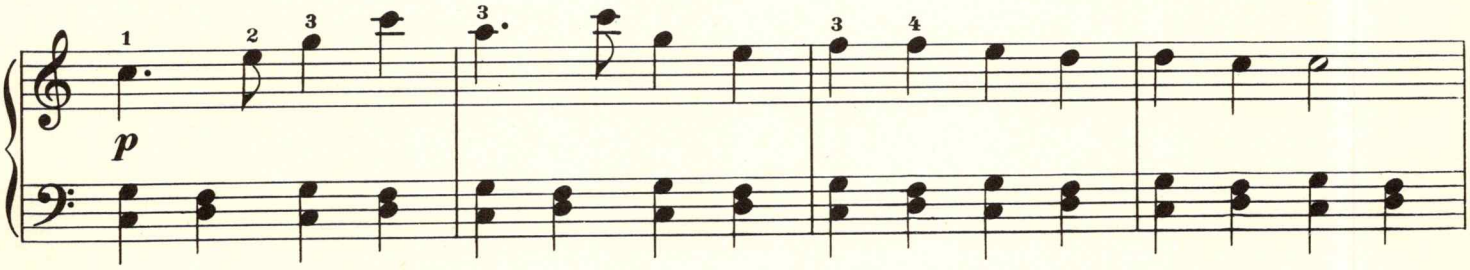


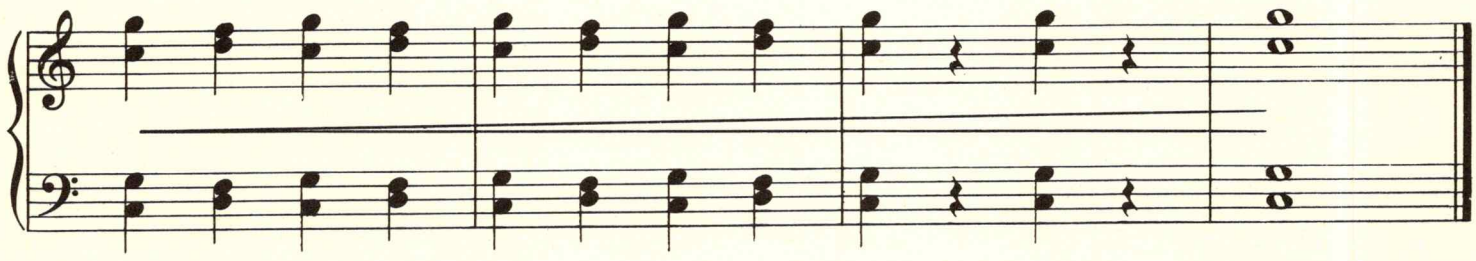
2 Spring Is Here




mf
5
4
3
2

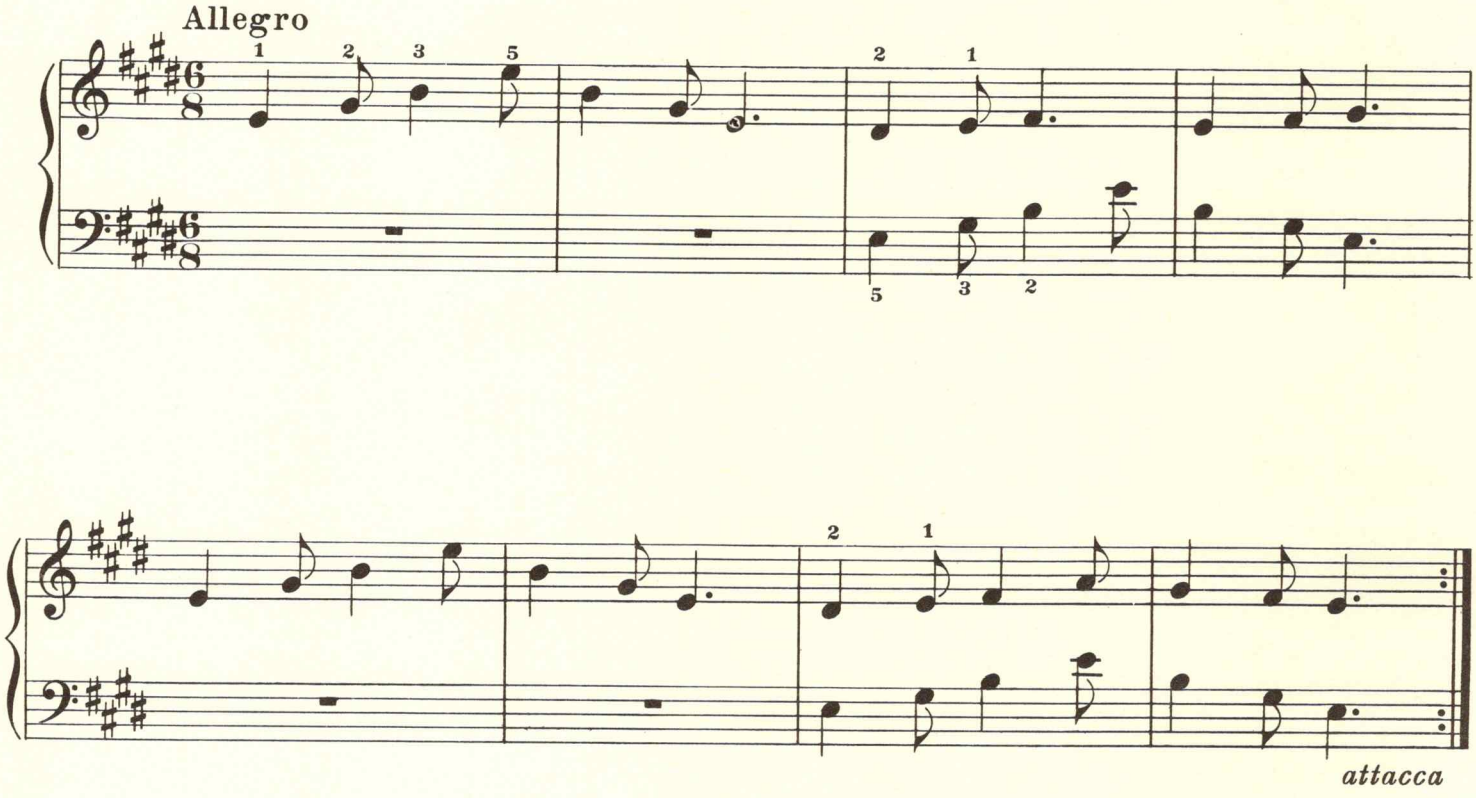



1
2
3
3
3
4
p

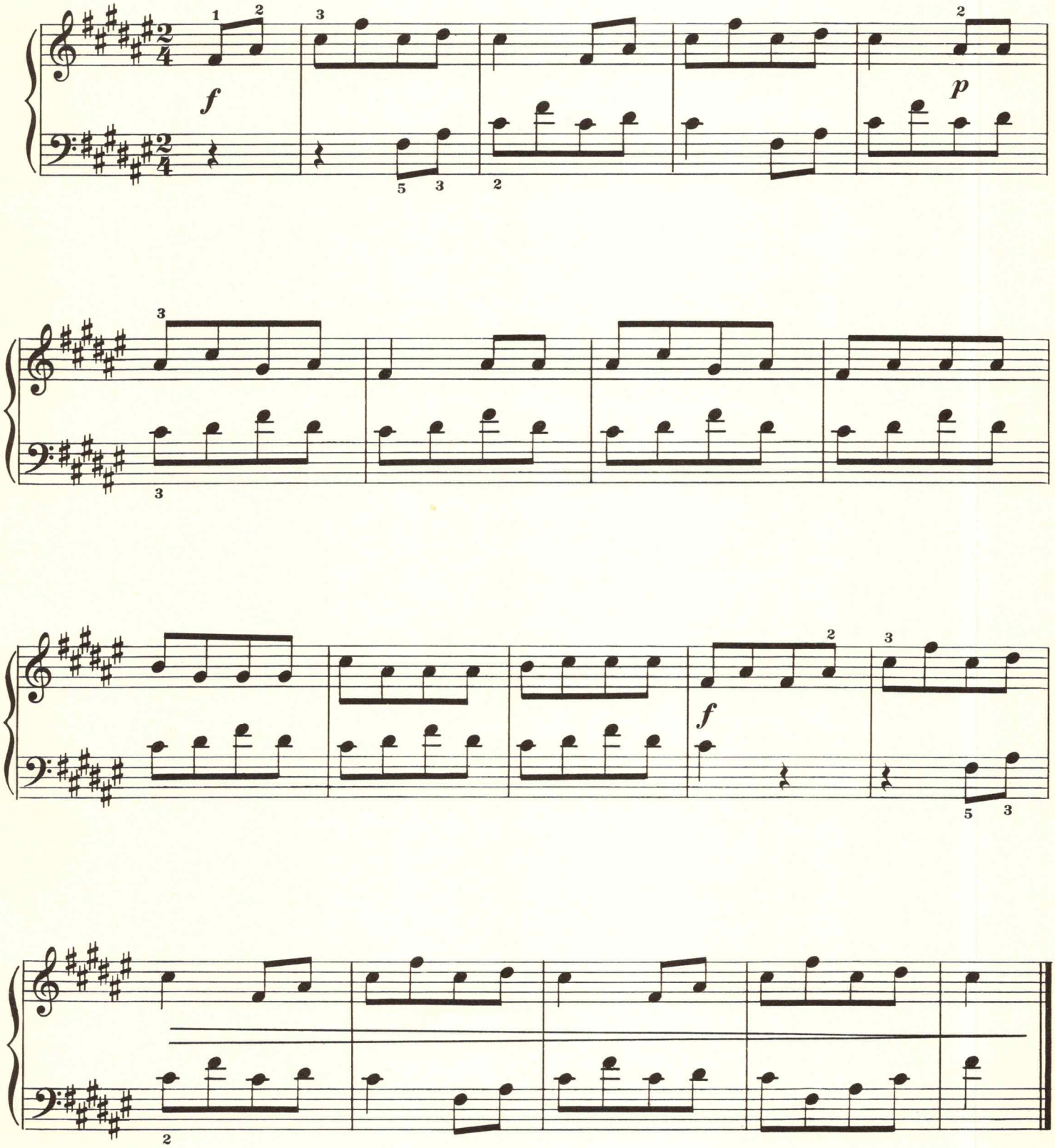


3 Two French Folk Songs

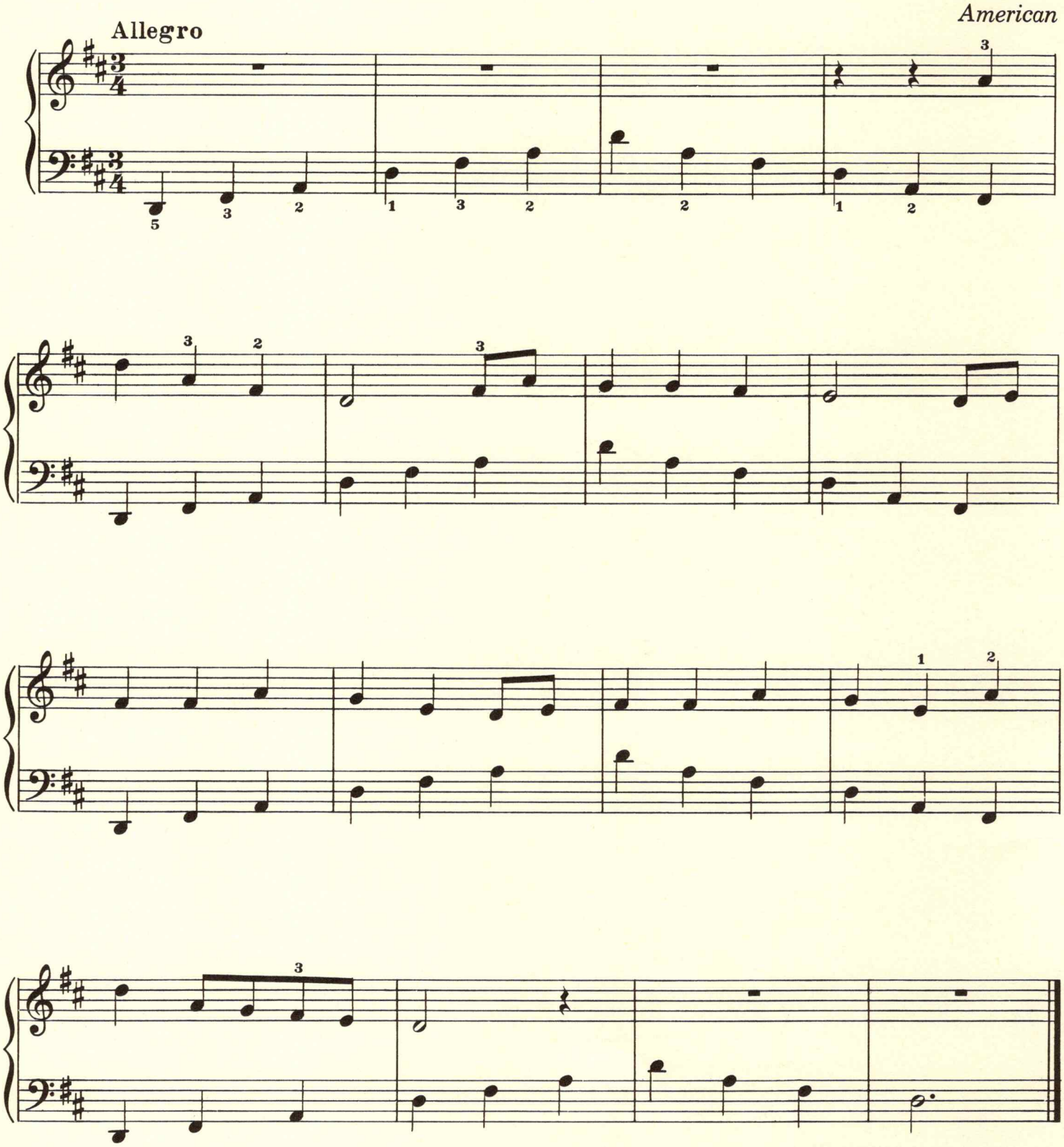
Savez-vous planter les choux



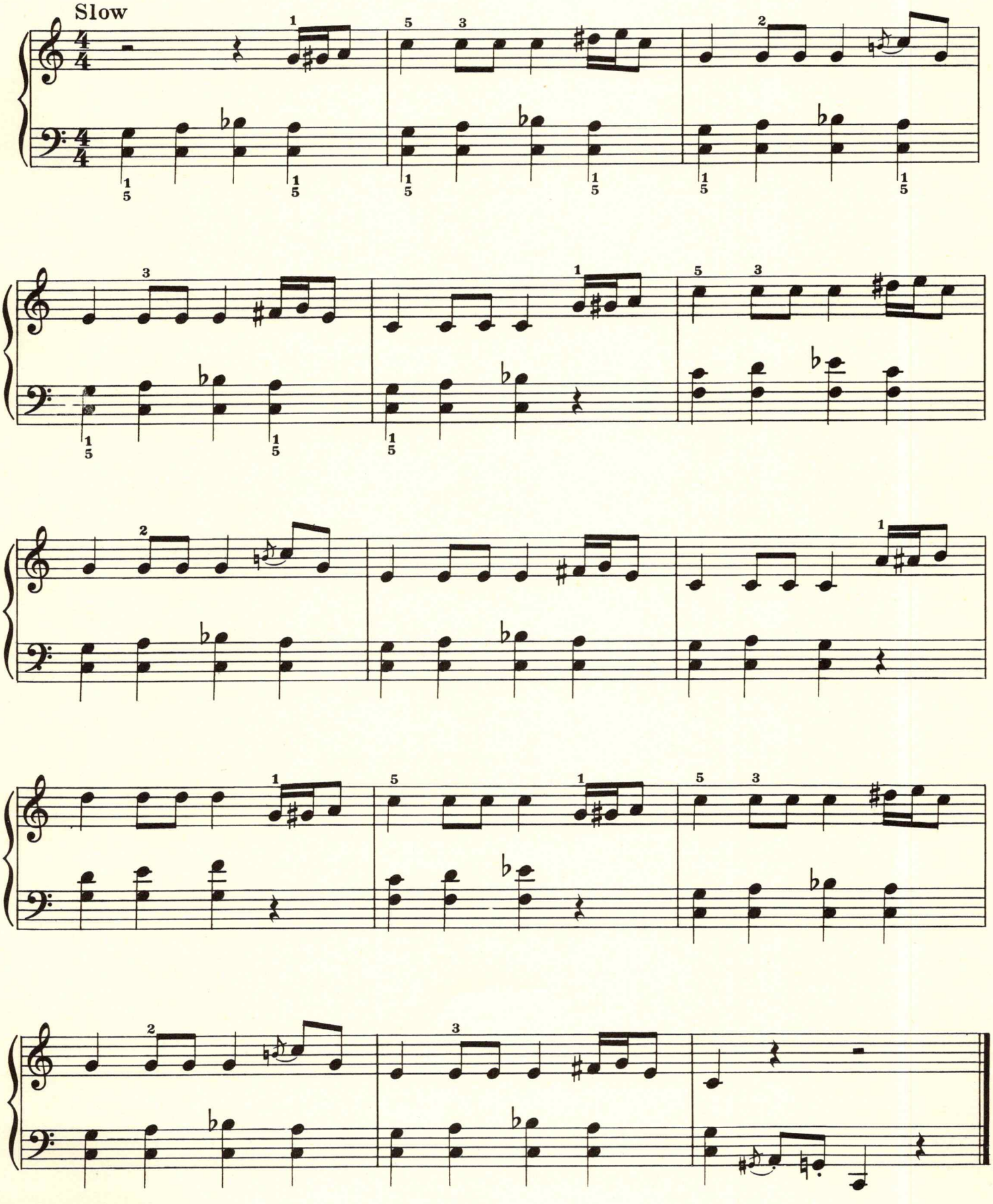
Le petit chasseur



4 Bright Star

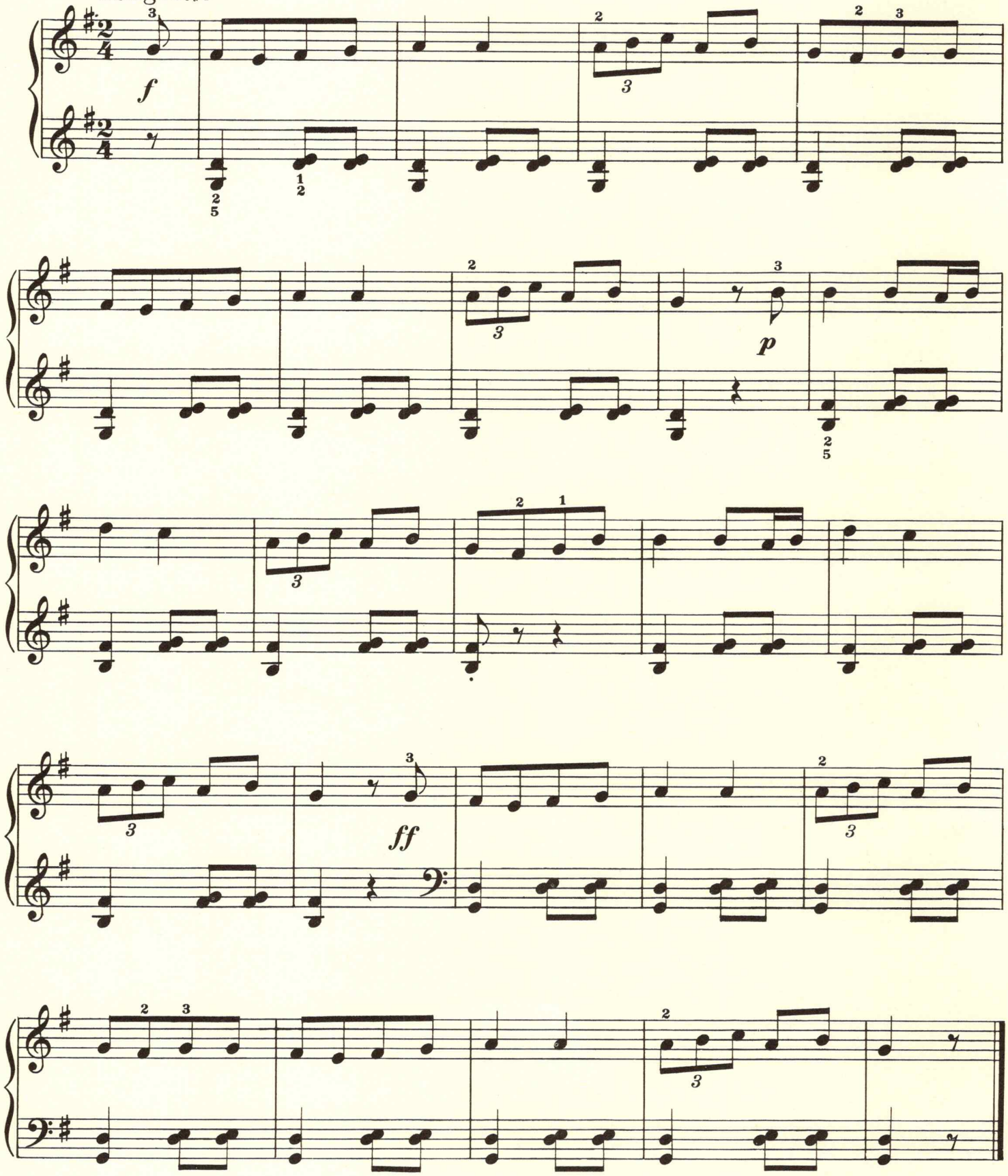


5 Song from Alabama



6 Fishing for Mussels

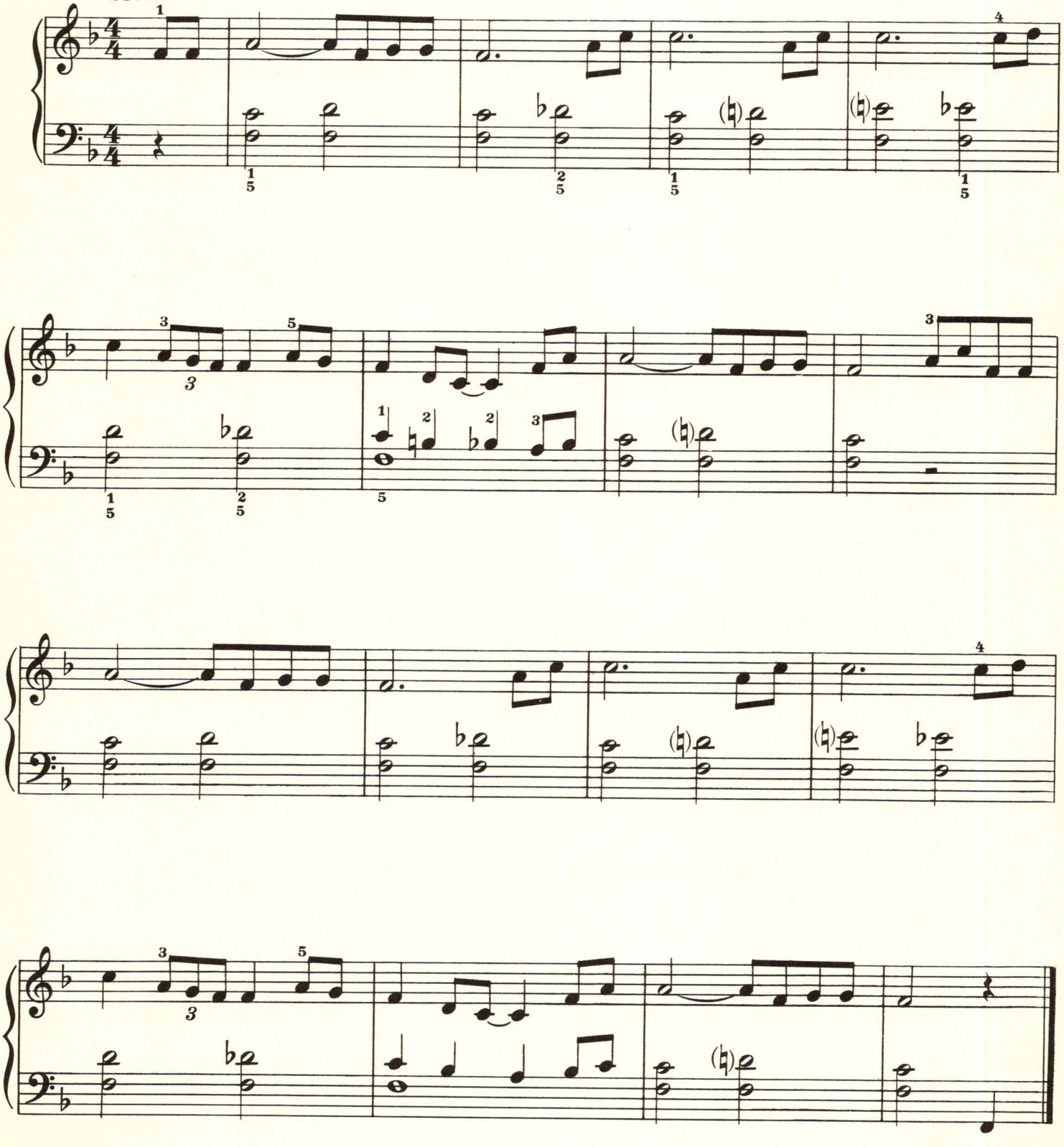
French



7 You Shall Reap

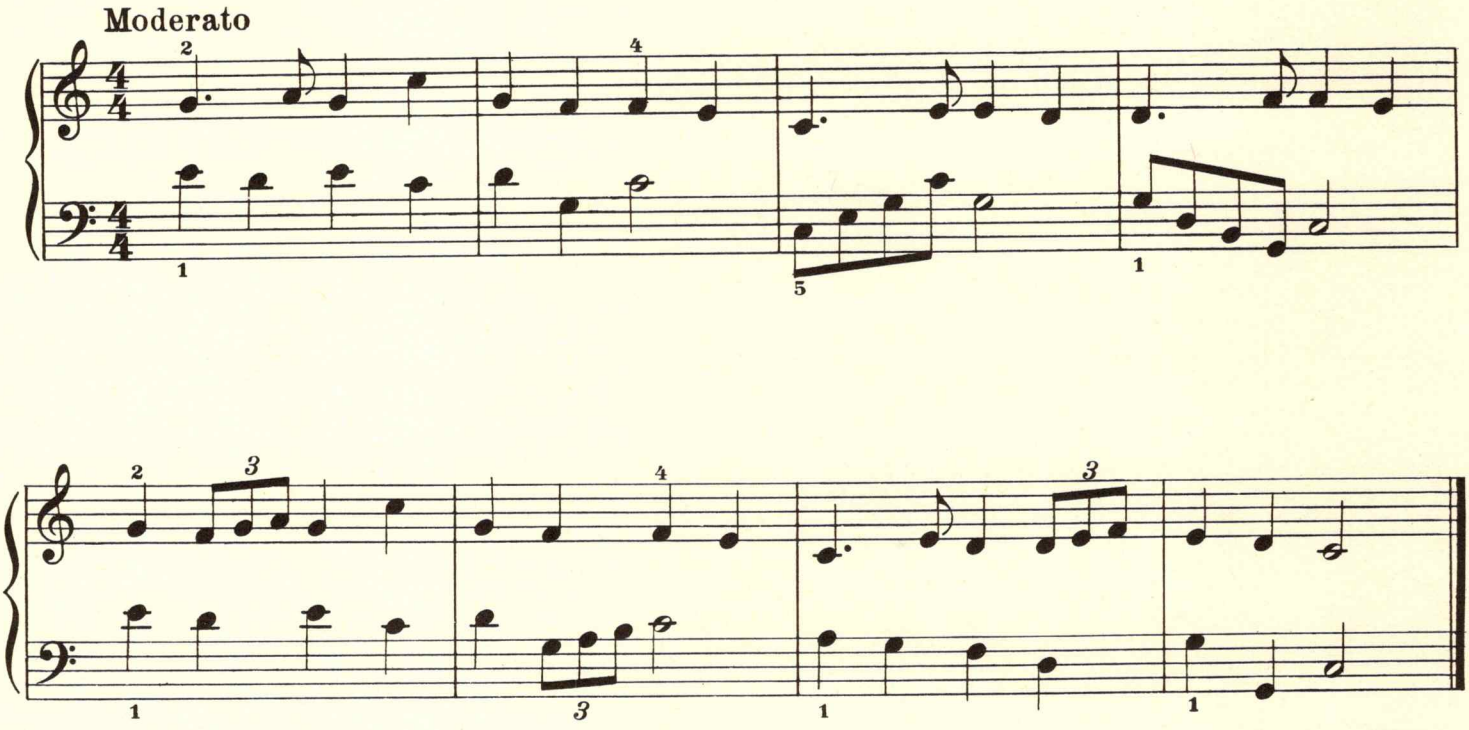
Spiritual

Slow



8 Care, Thou Canker of Our Joys

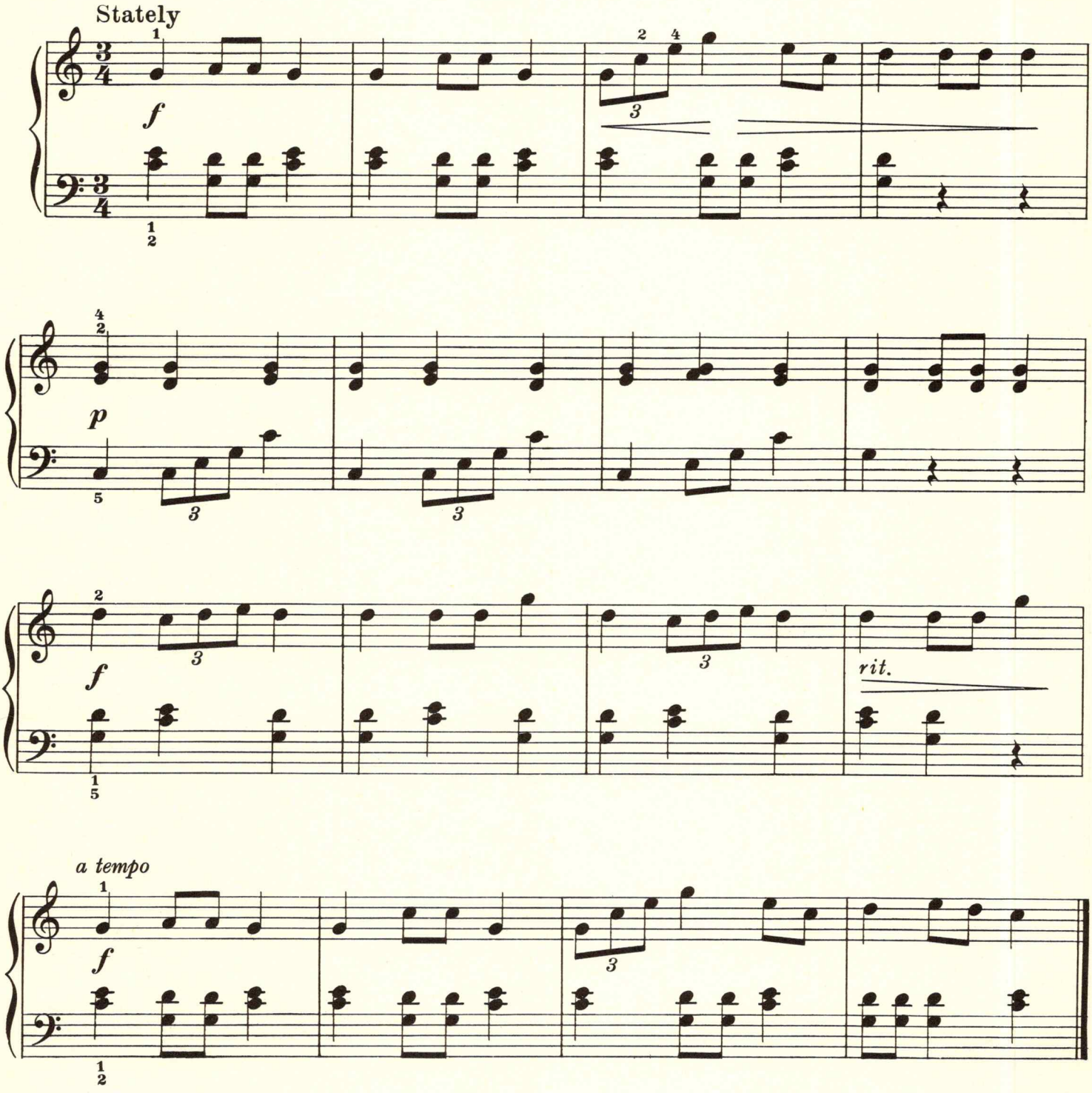
English



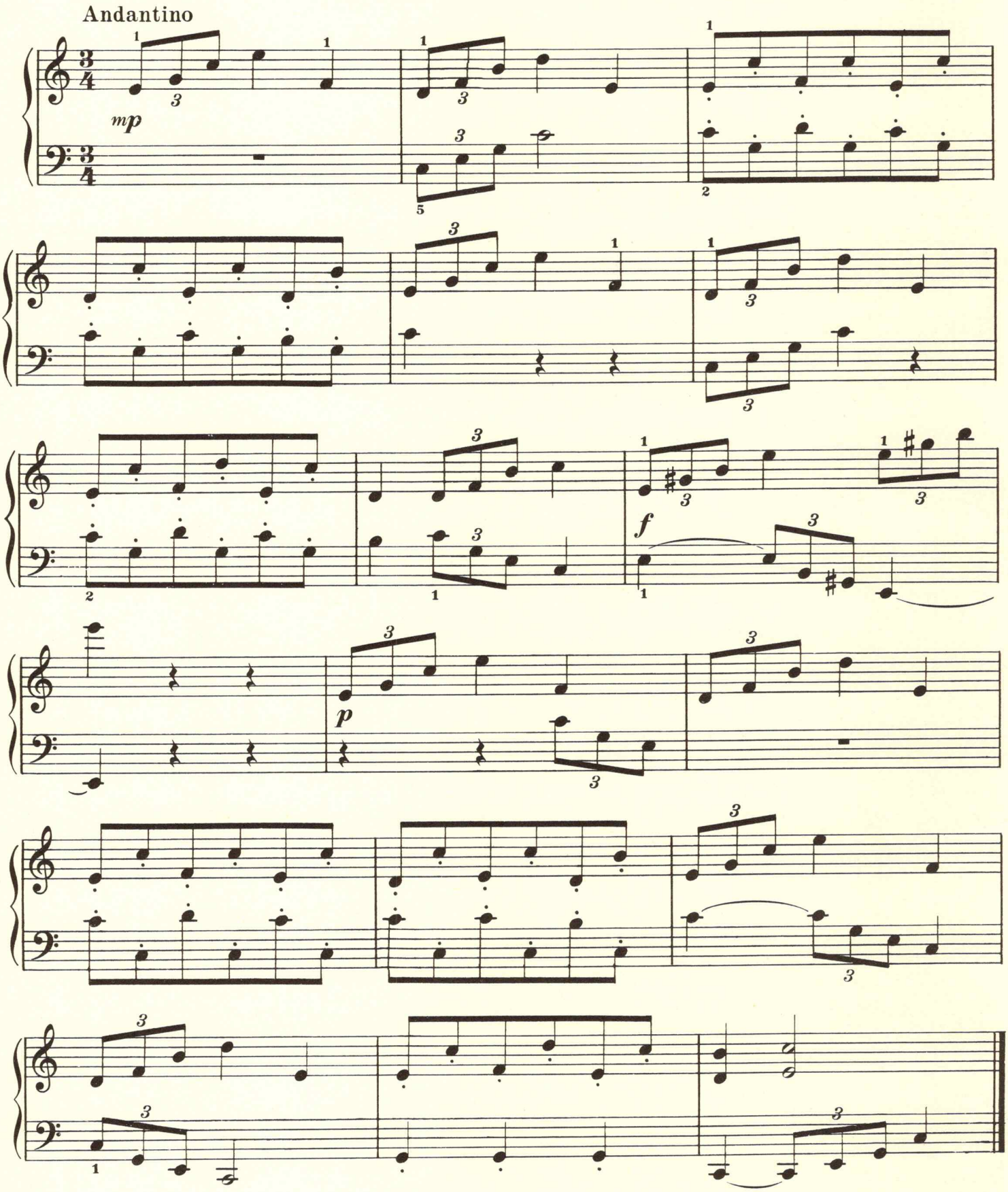
9 Little Suite

Fanfare

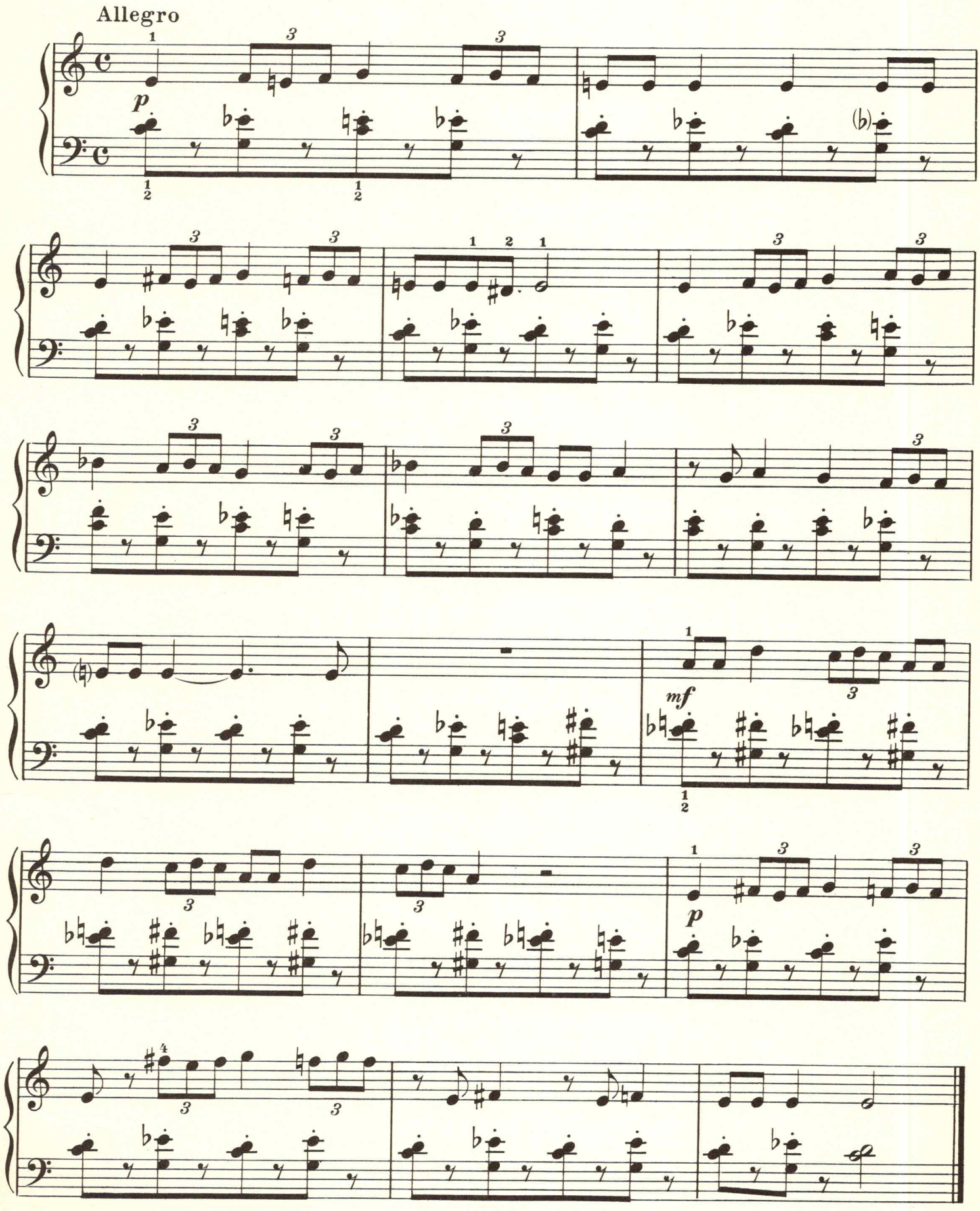
Paul Sheftel



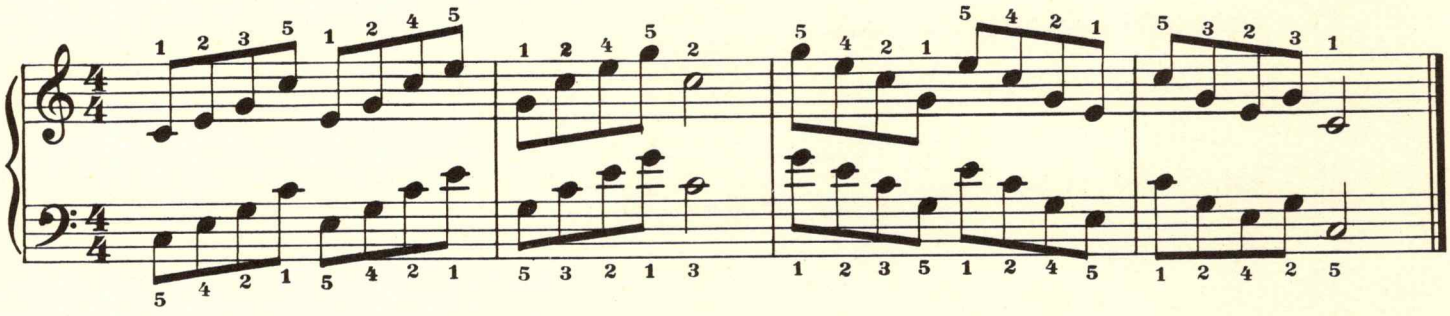
Minuet

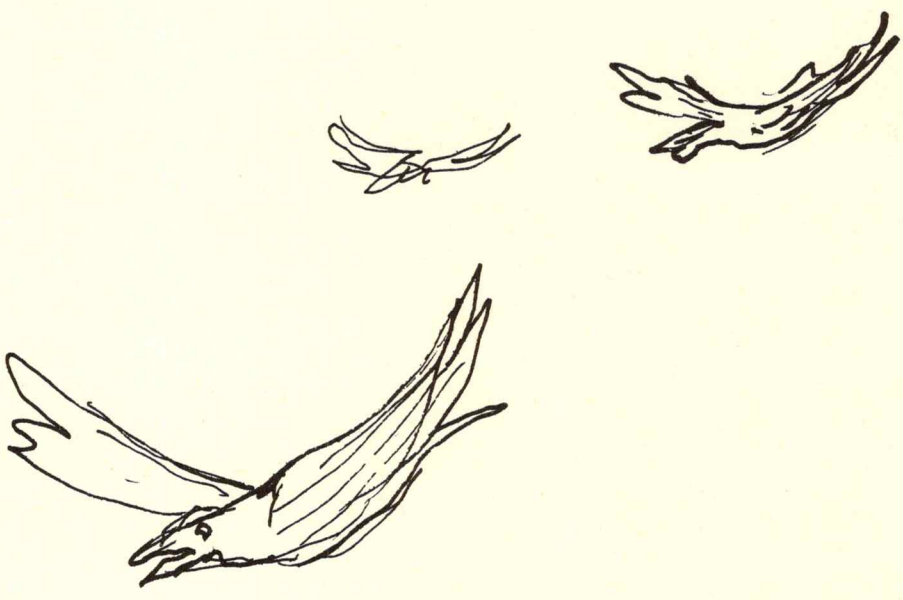


March



EXERCISES





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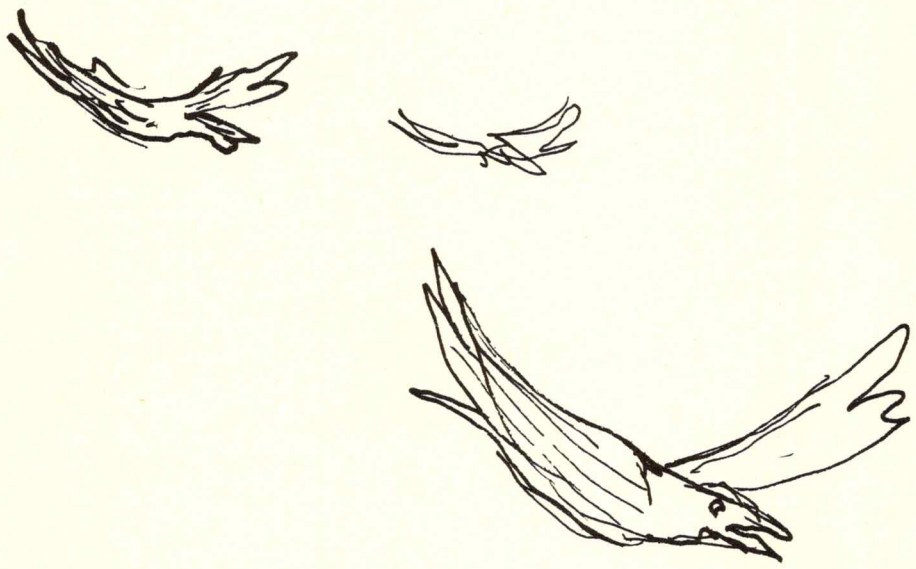
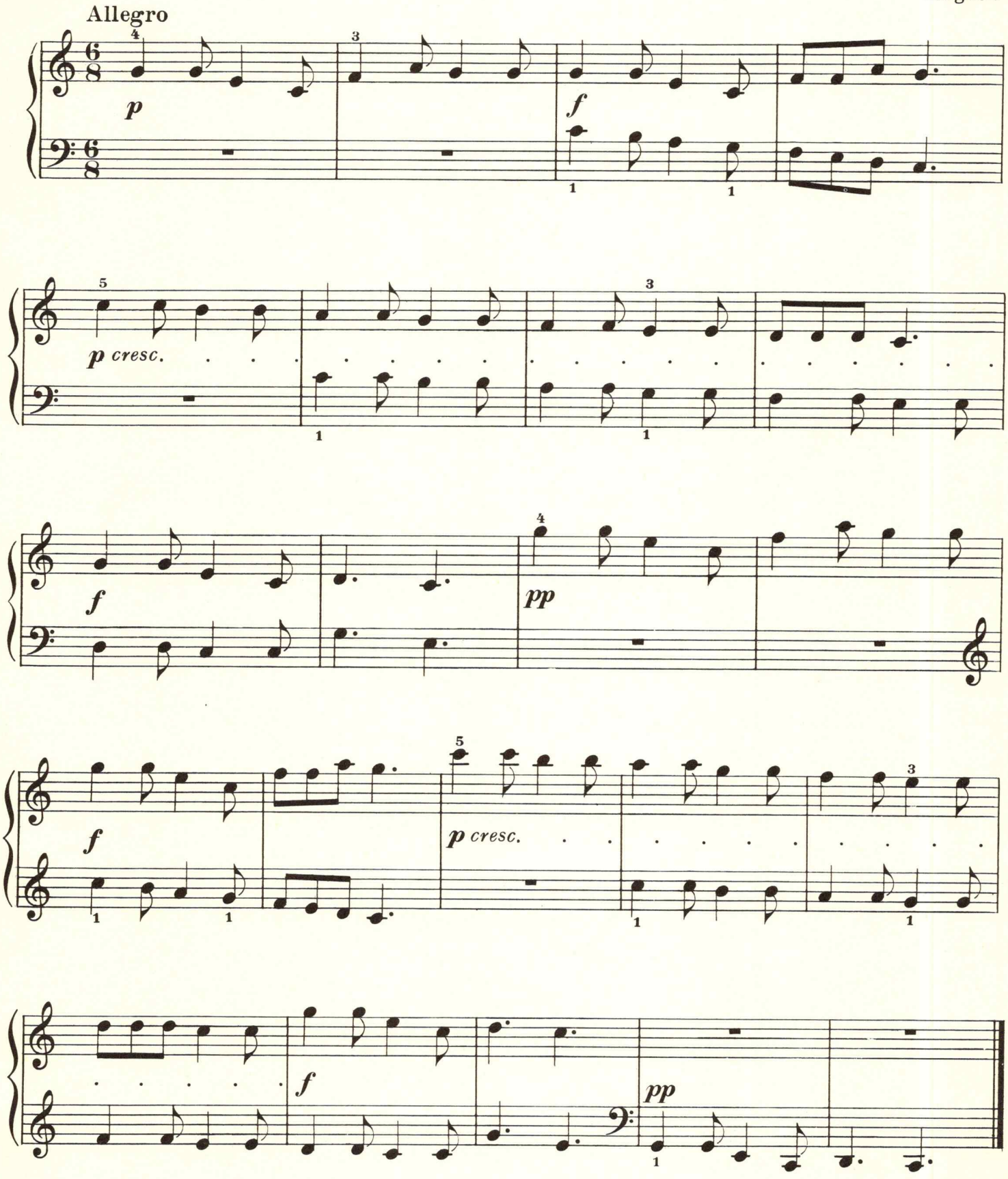


Early One Morning

1 Oats, Peas, Beans

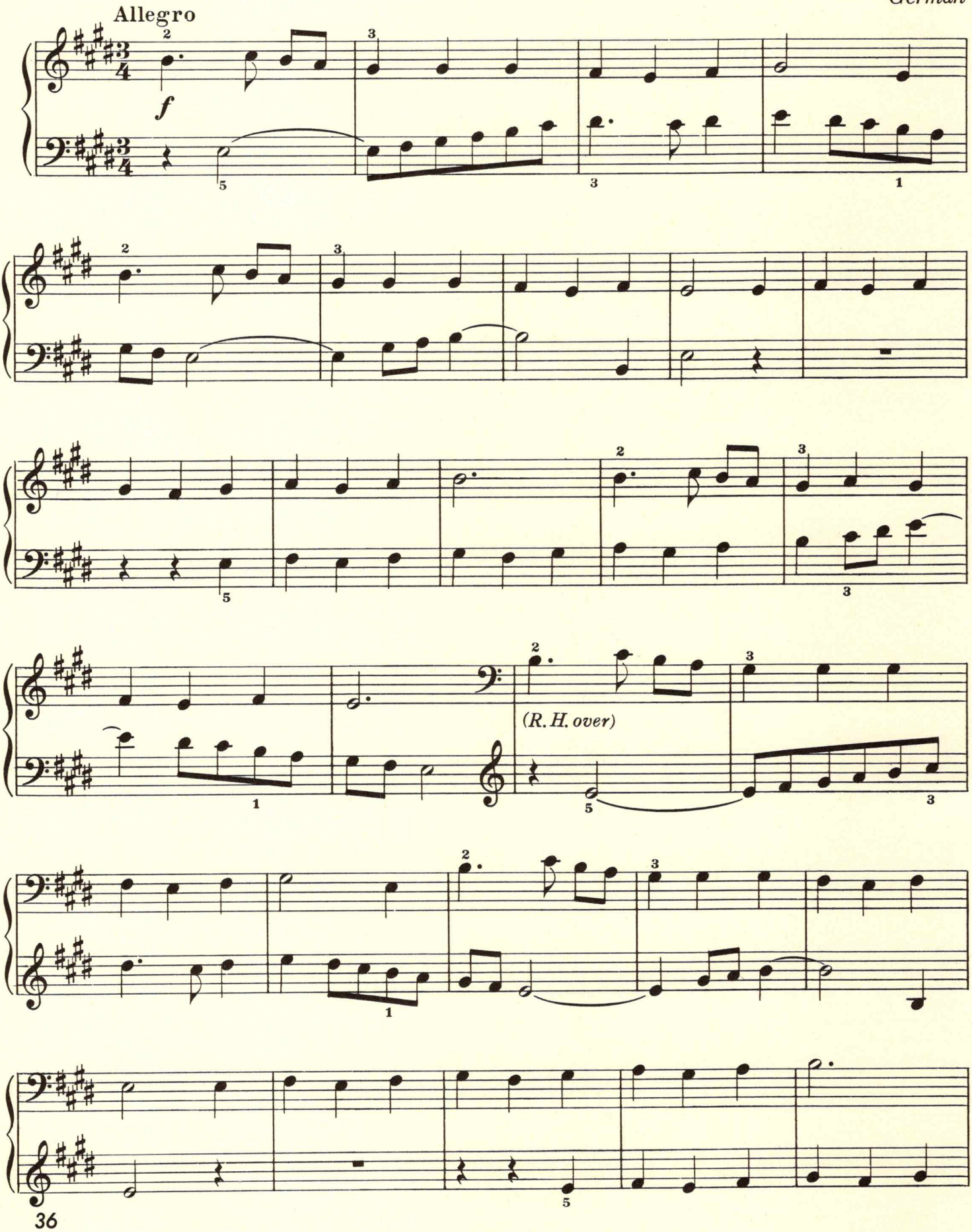
English

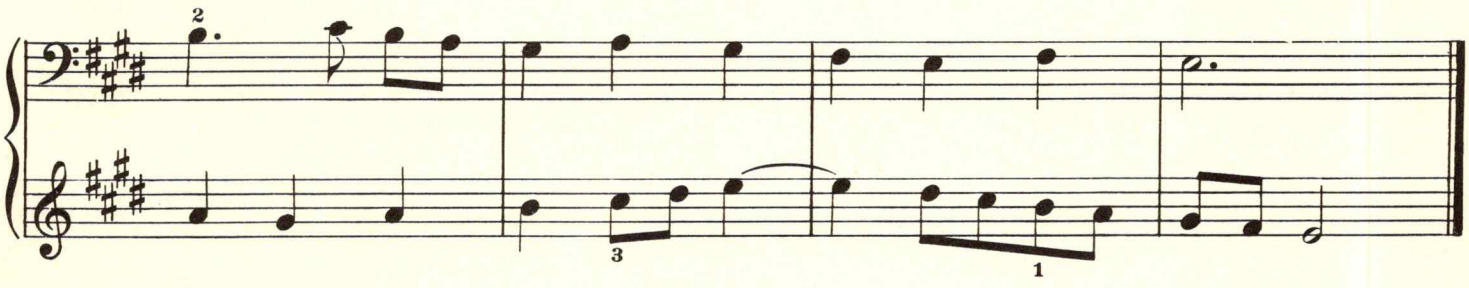


2 Two Brain Twisters

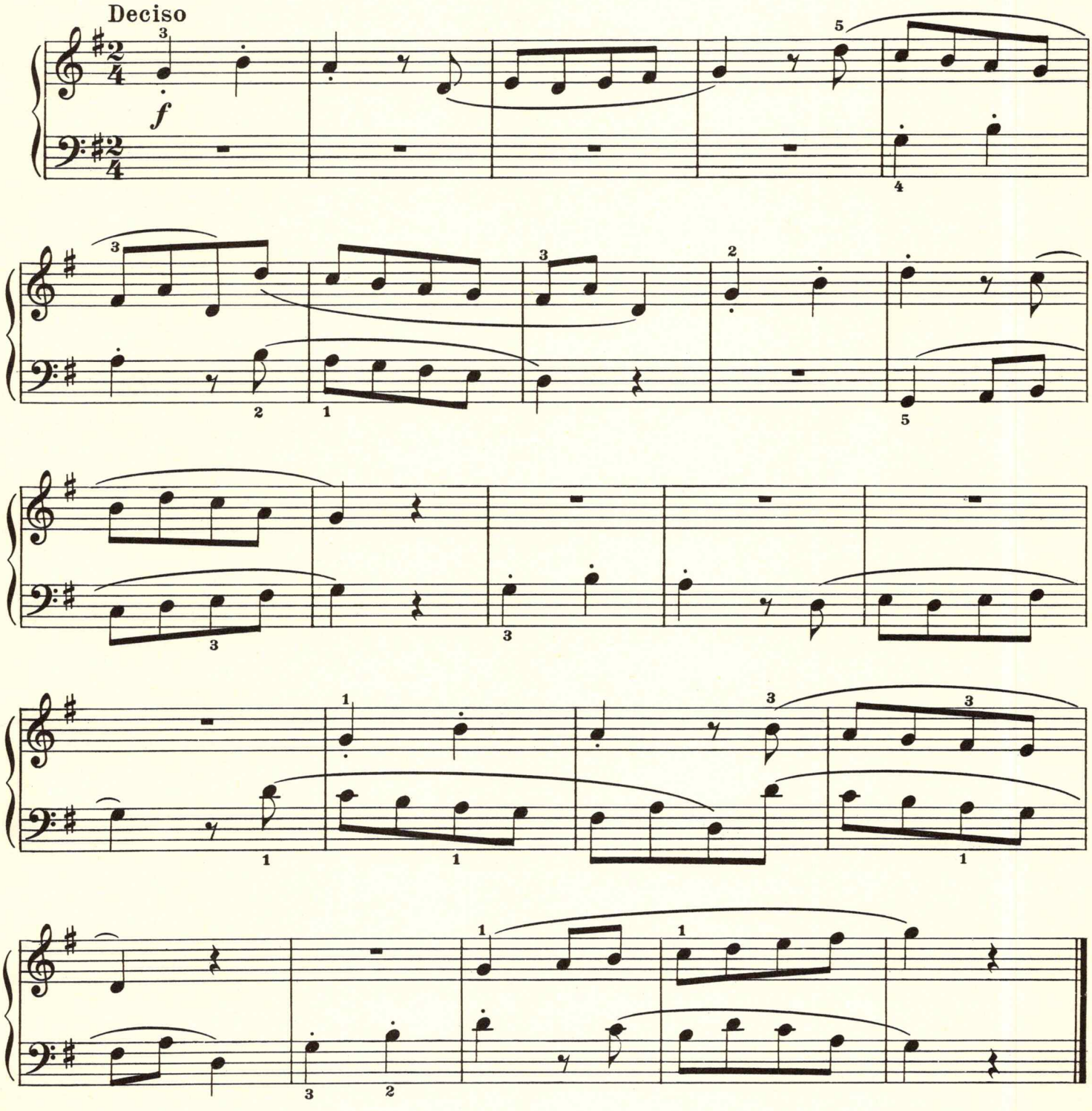
The Loom

German





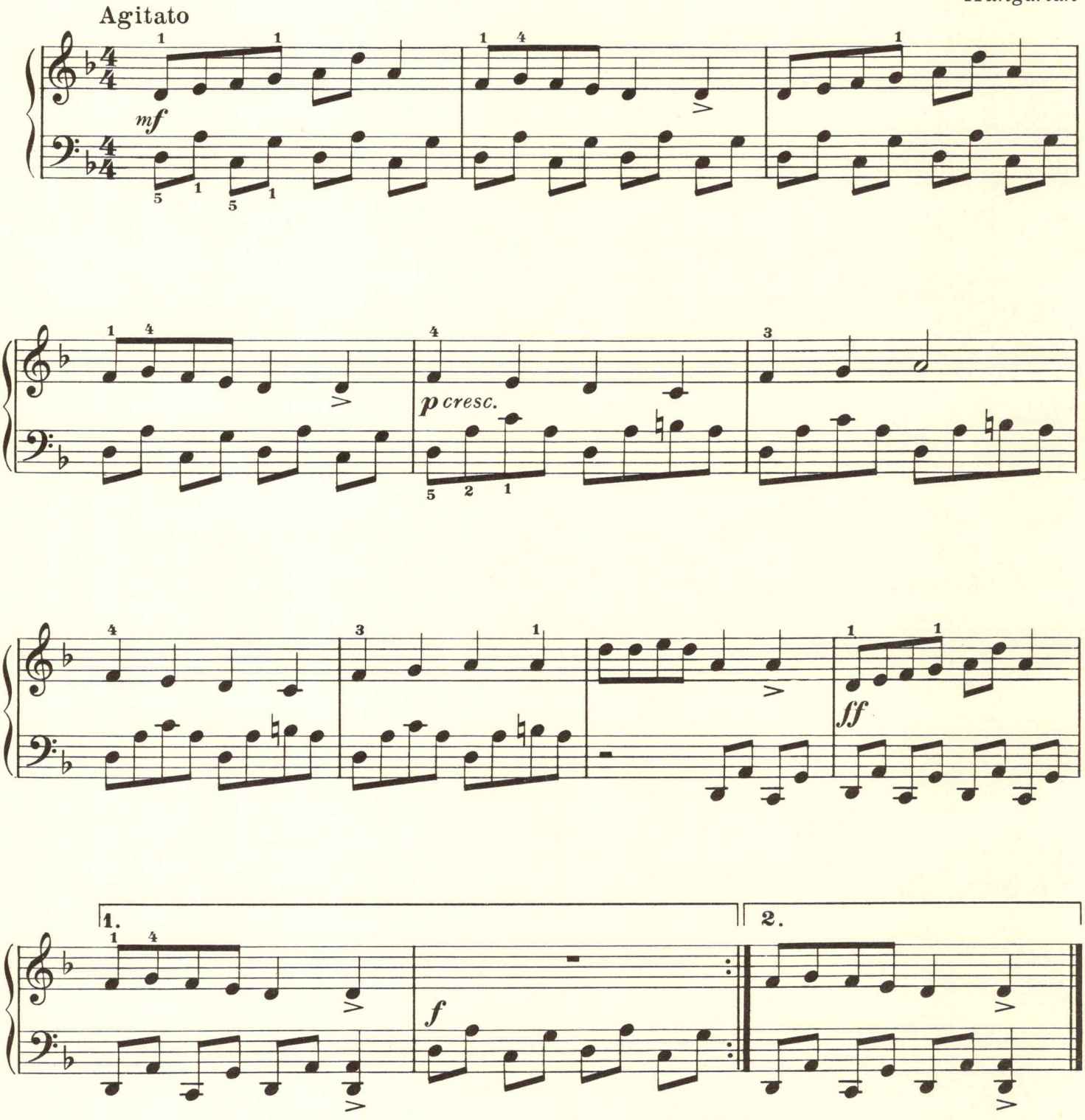
The Shuttle



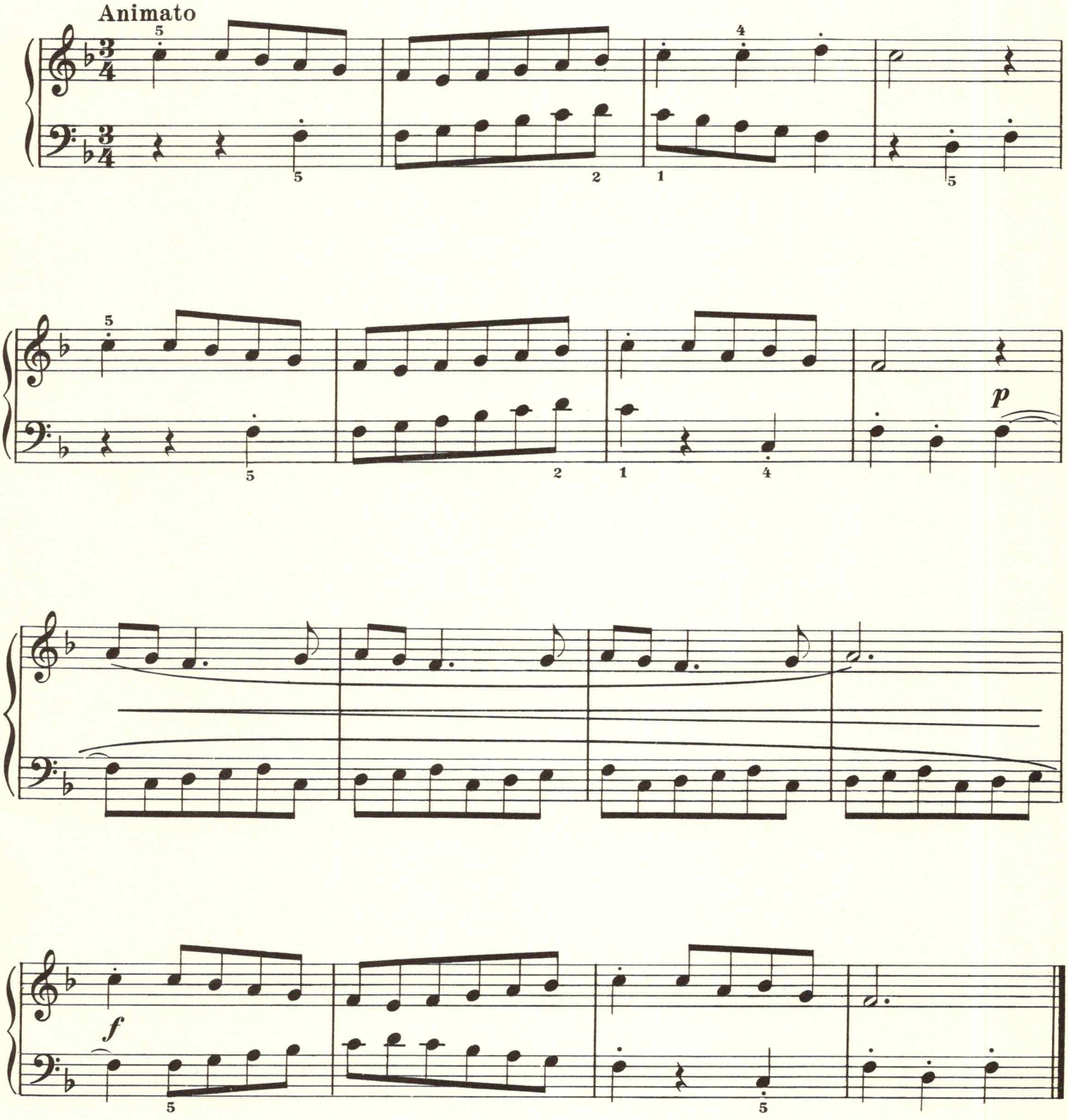
3 Two Finger Twisters

The Osprey

Hungarian

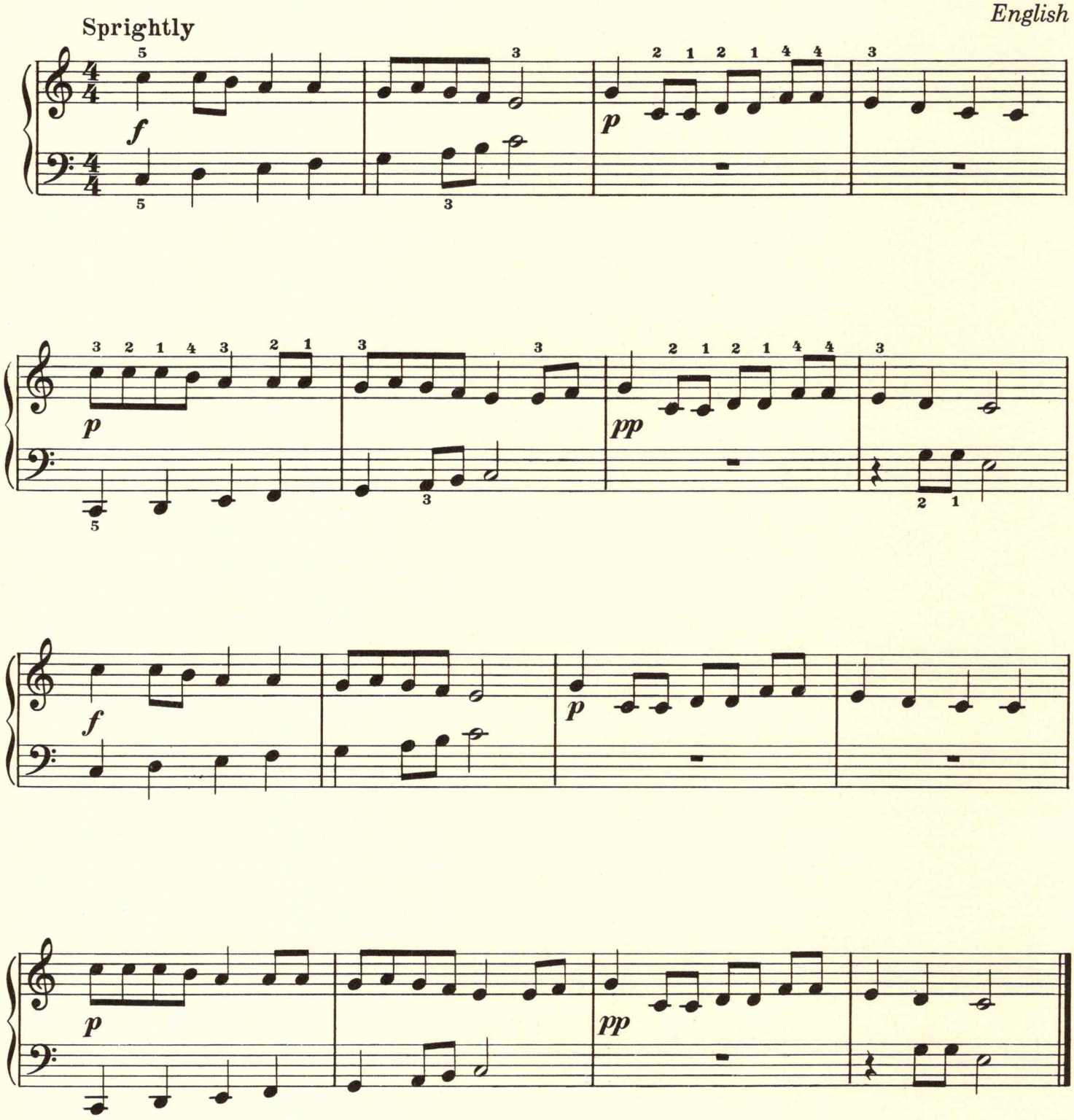


Gypsy Caravan



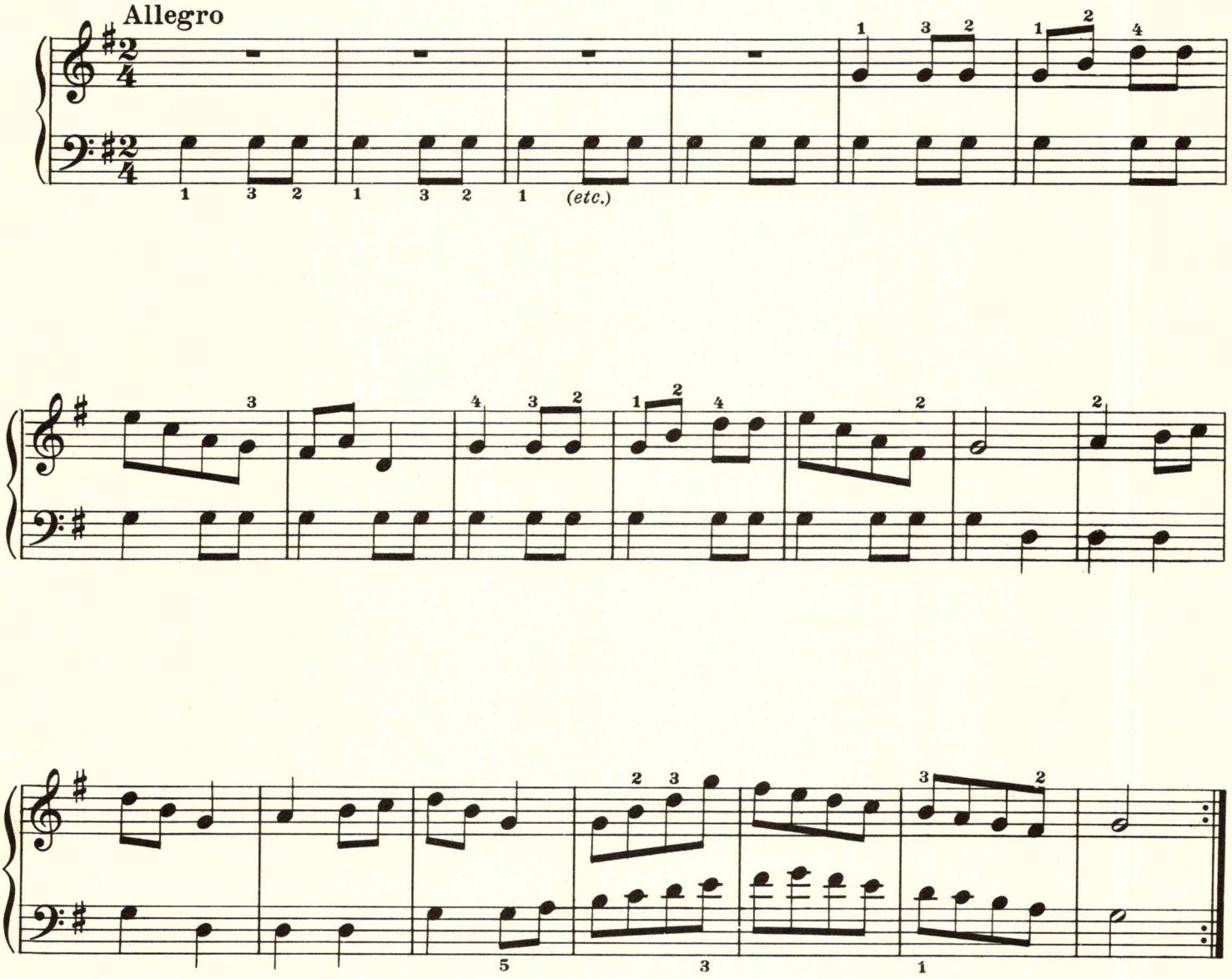
4 Christmas Is Coming

English



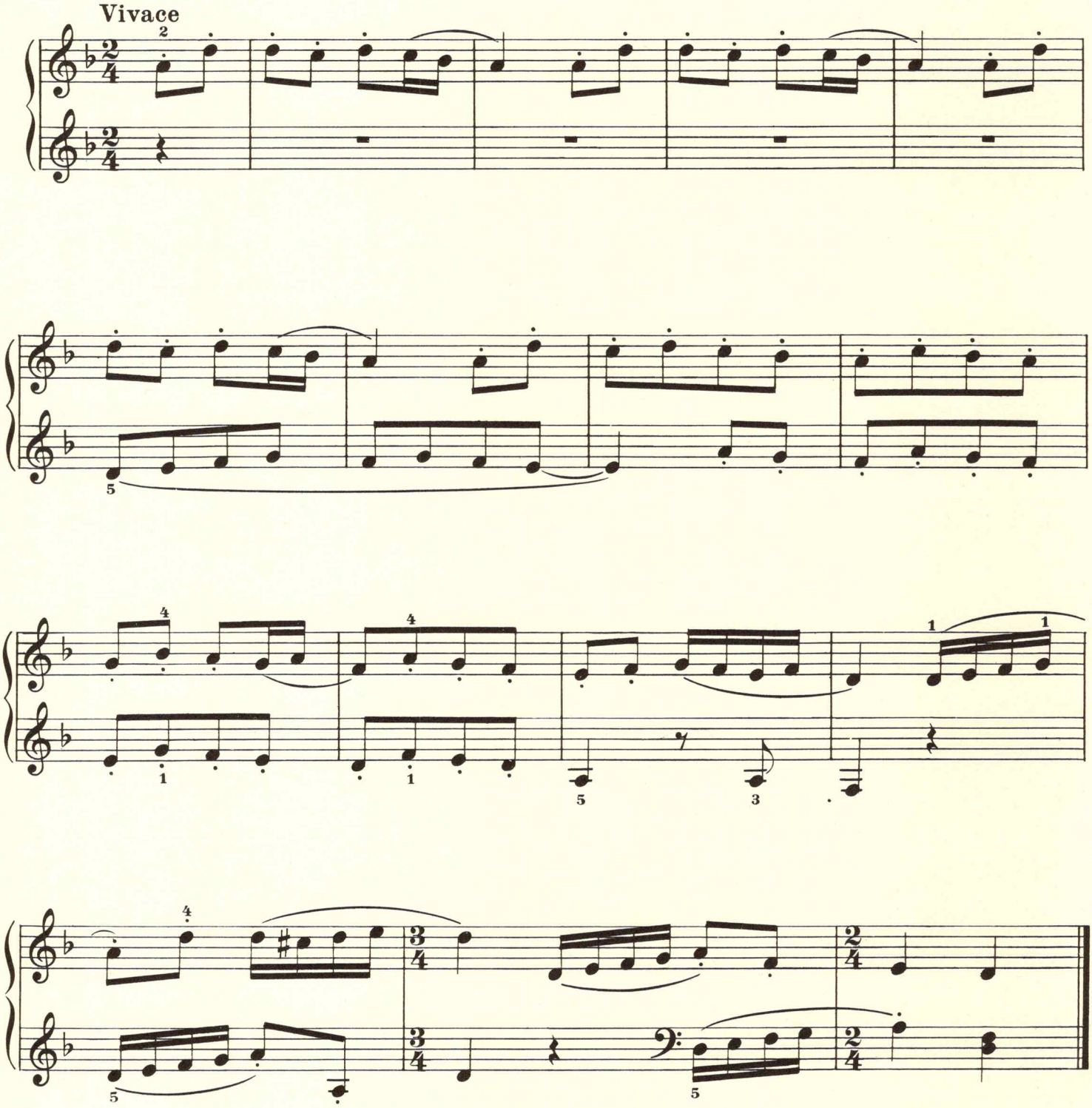
5 Early One Morning

English

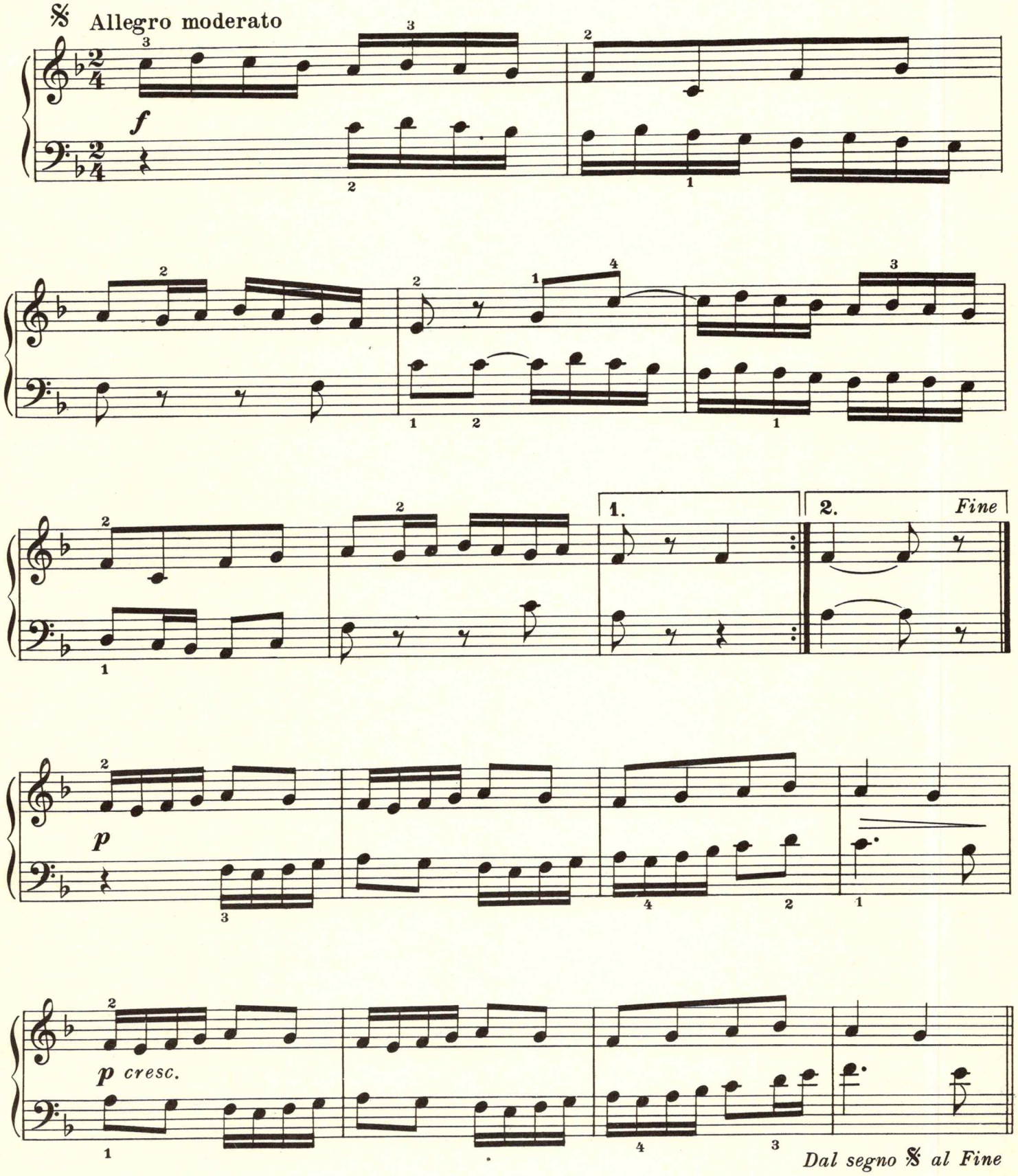


6 Two French Folk Songs

Le voisin

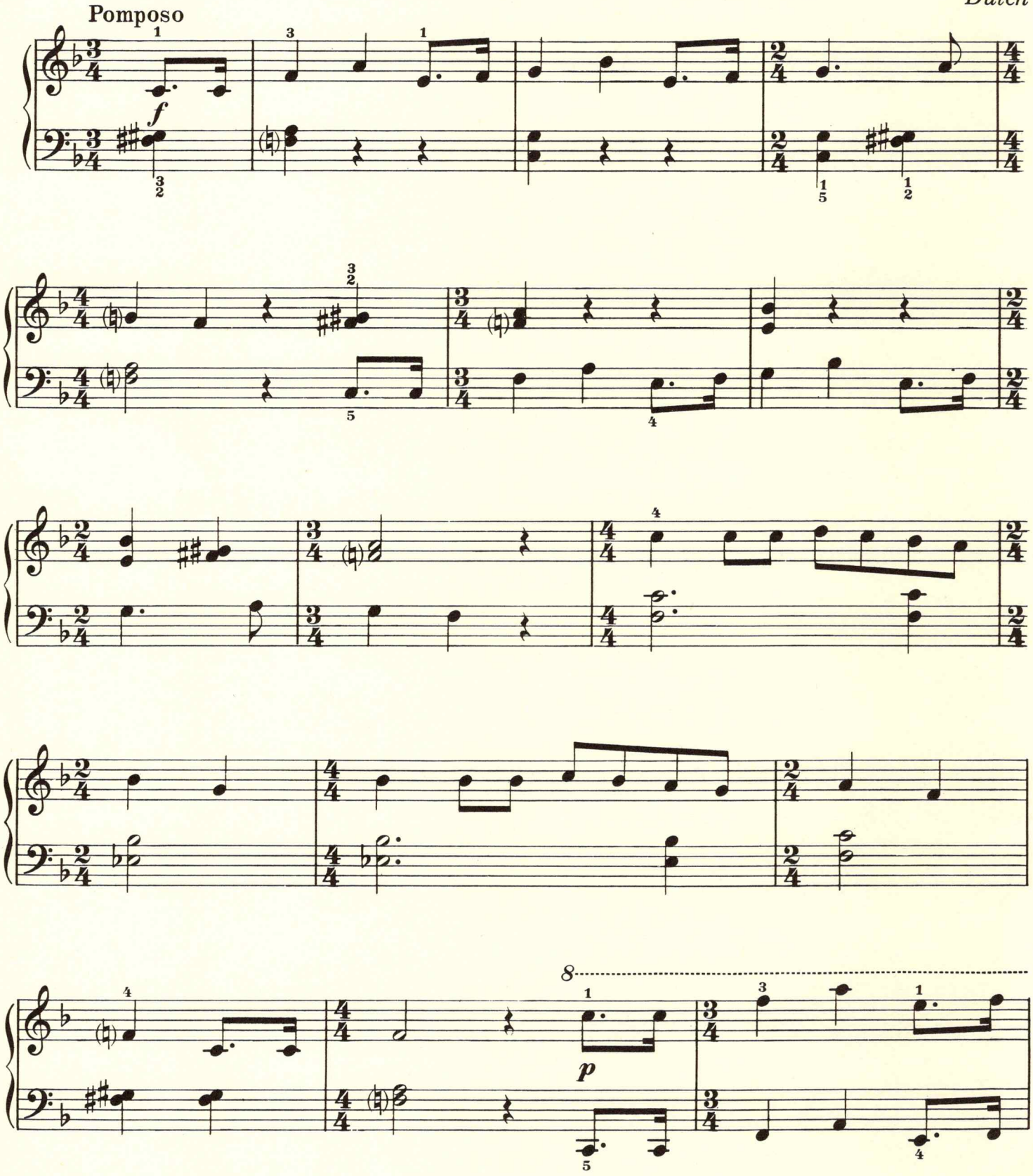


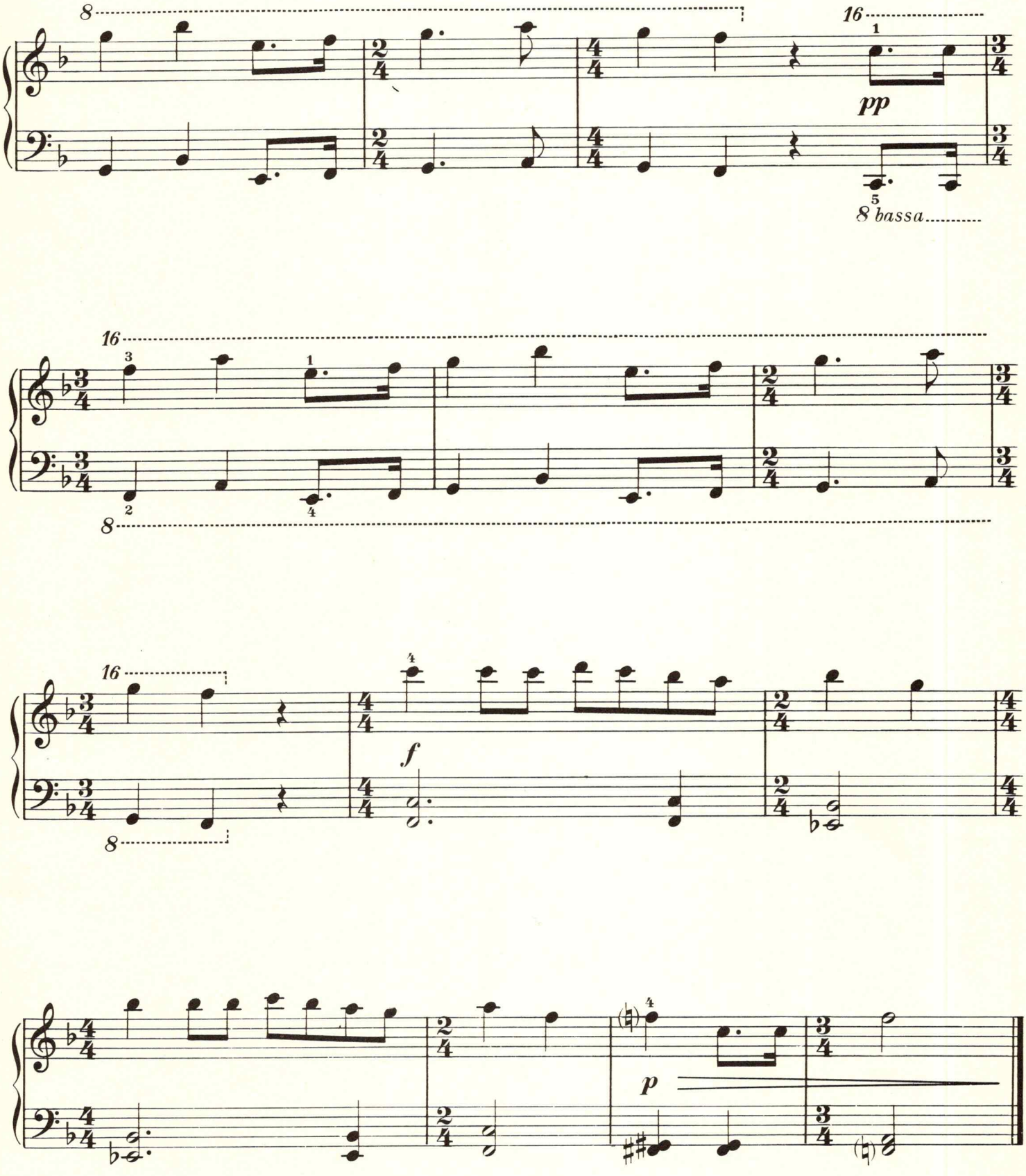
Viens dans ce bocage



7 My Wagon

Dutch

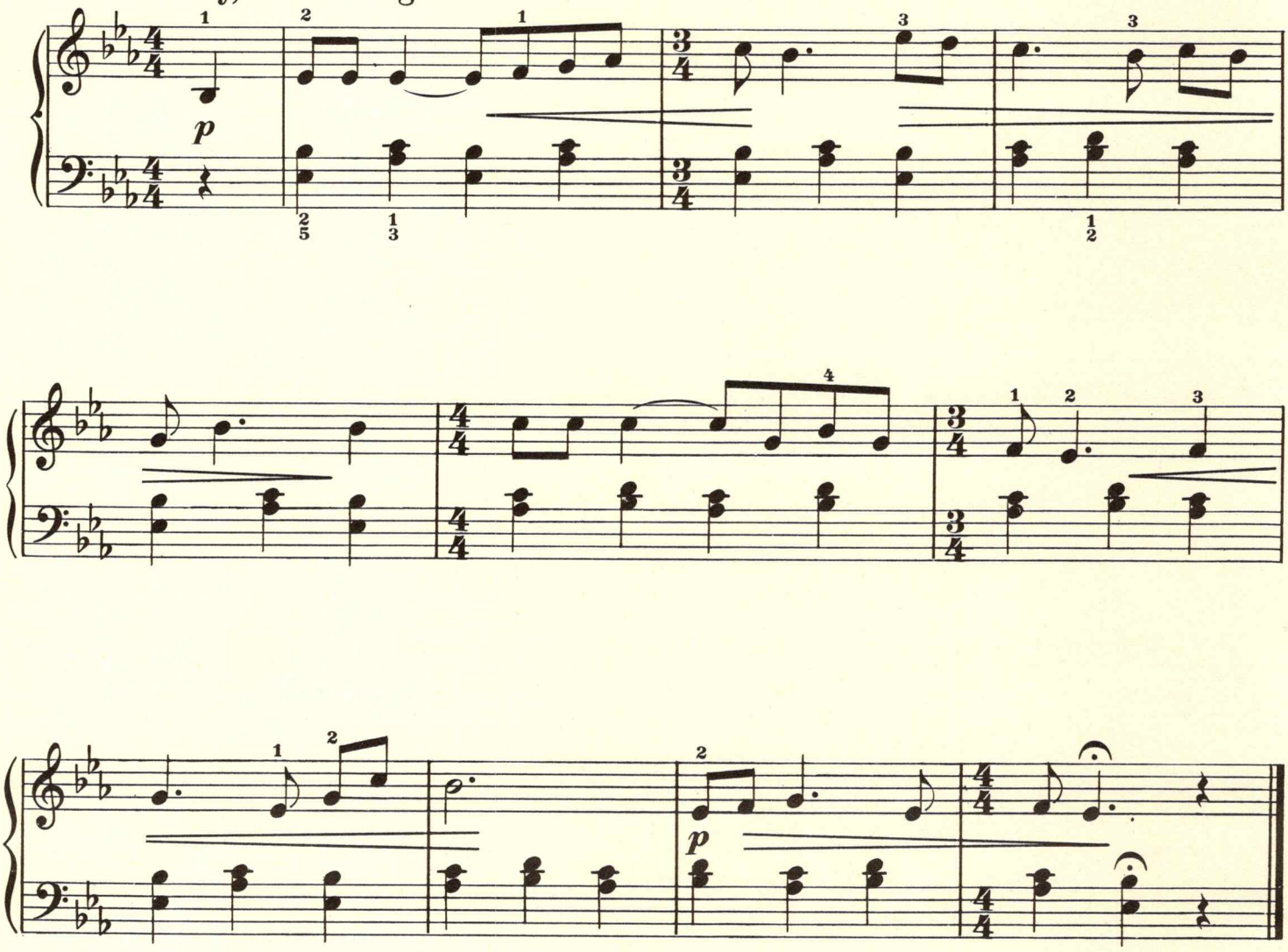



8
16
pp
8 bassa
16
8
16
f
p

8 SHENANDOAH

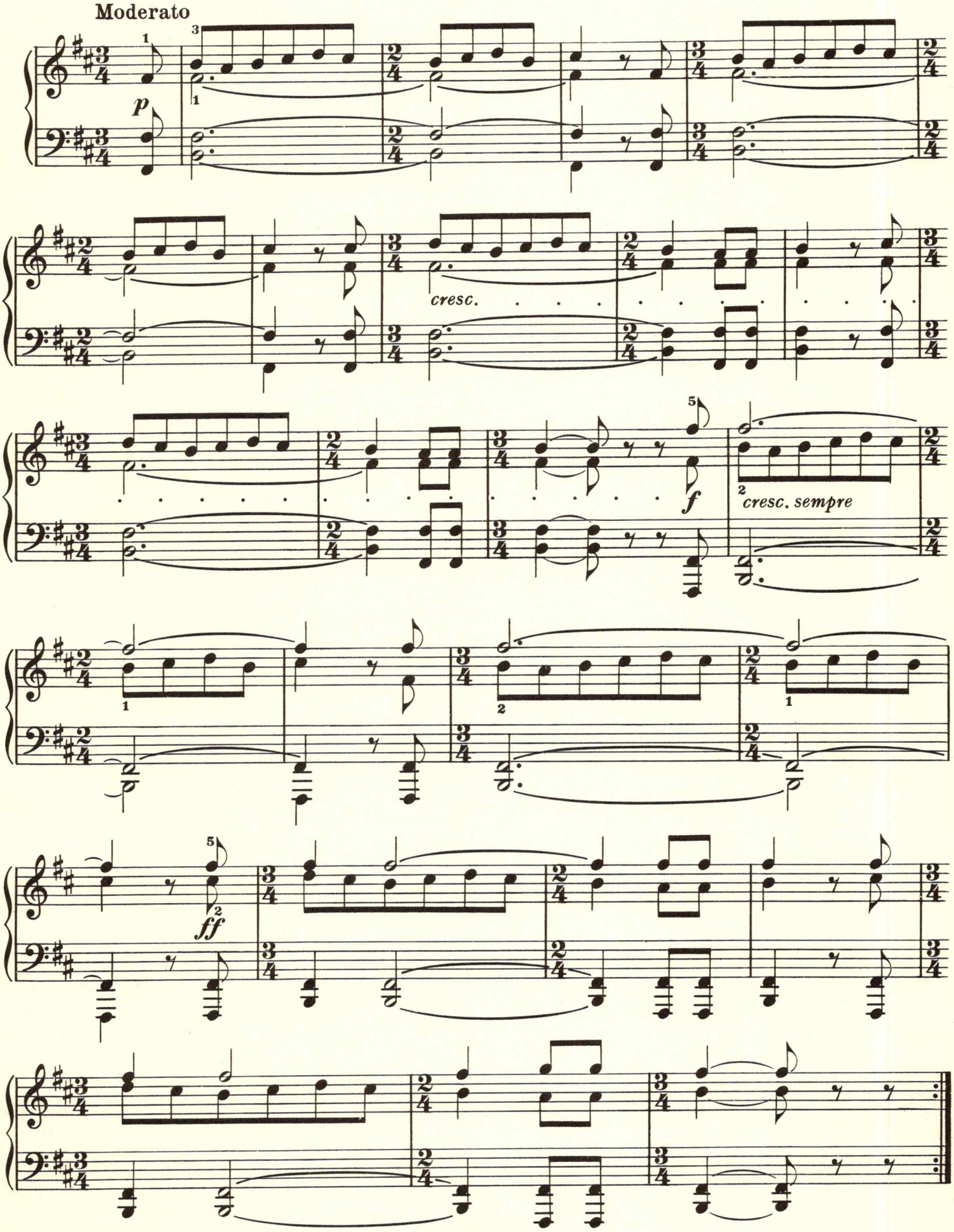
American

Slowly, with feeling



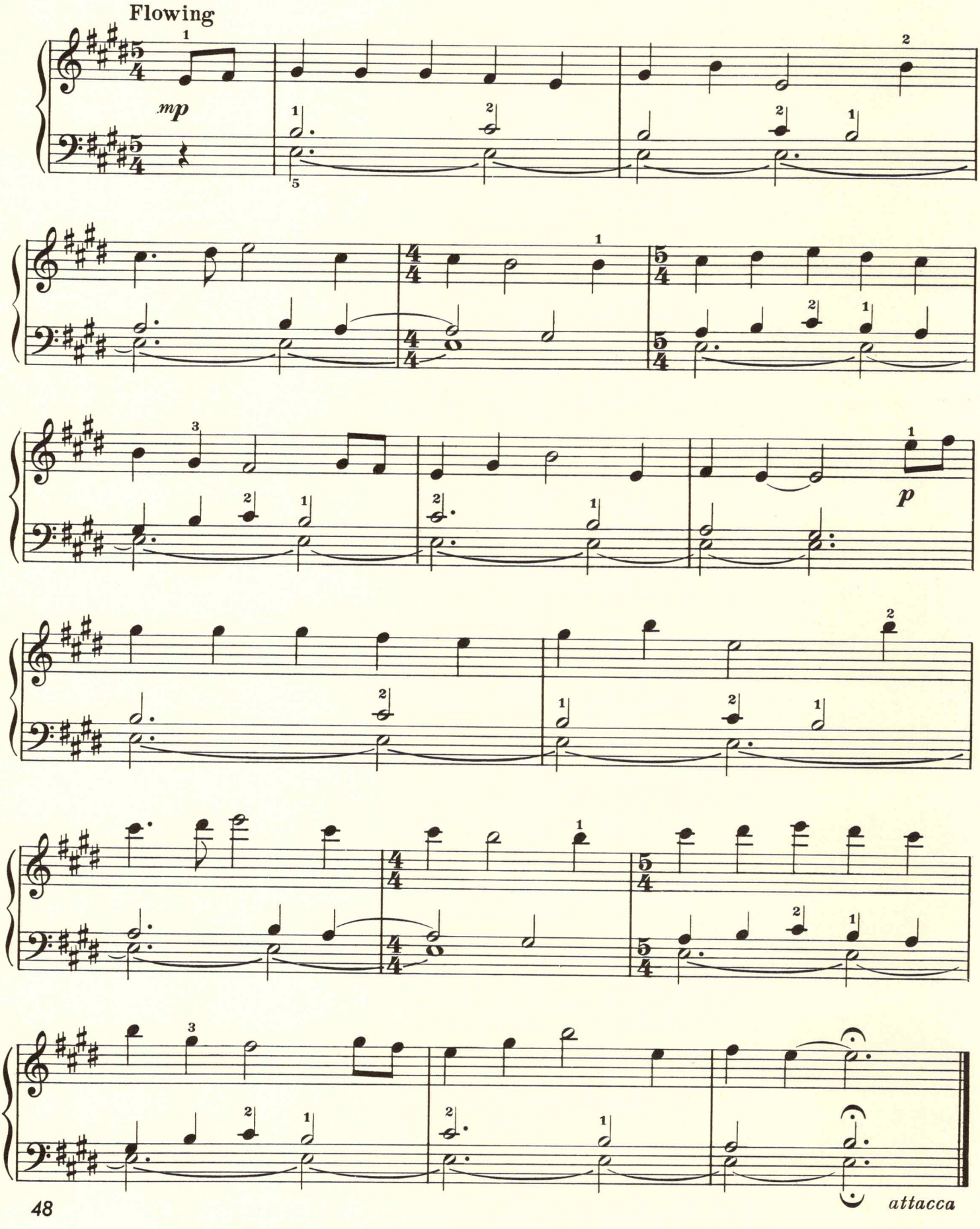
Oh, Shenandoah,
I long to hear you.
Away my rolling river!
Oh, Shenandoah,
I can't get near you.
Away, away,
I'm bound away,
'Cross the wide Missouri!

9 Folk Song from Brittany

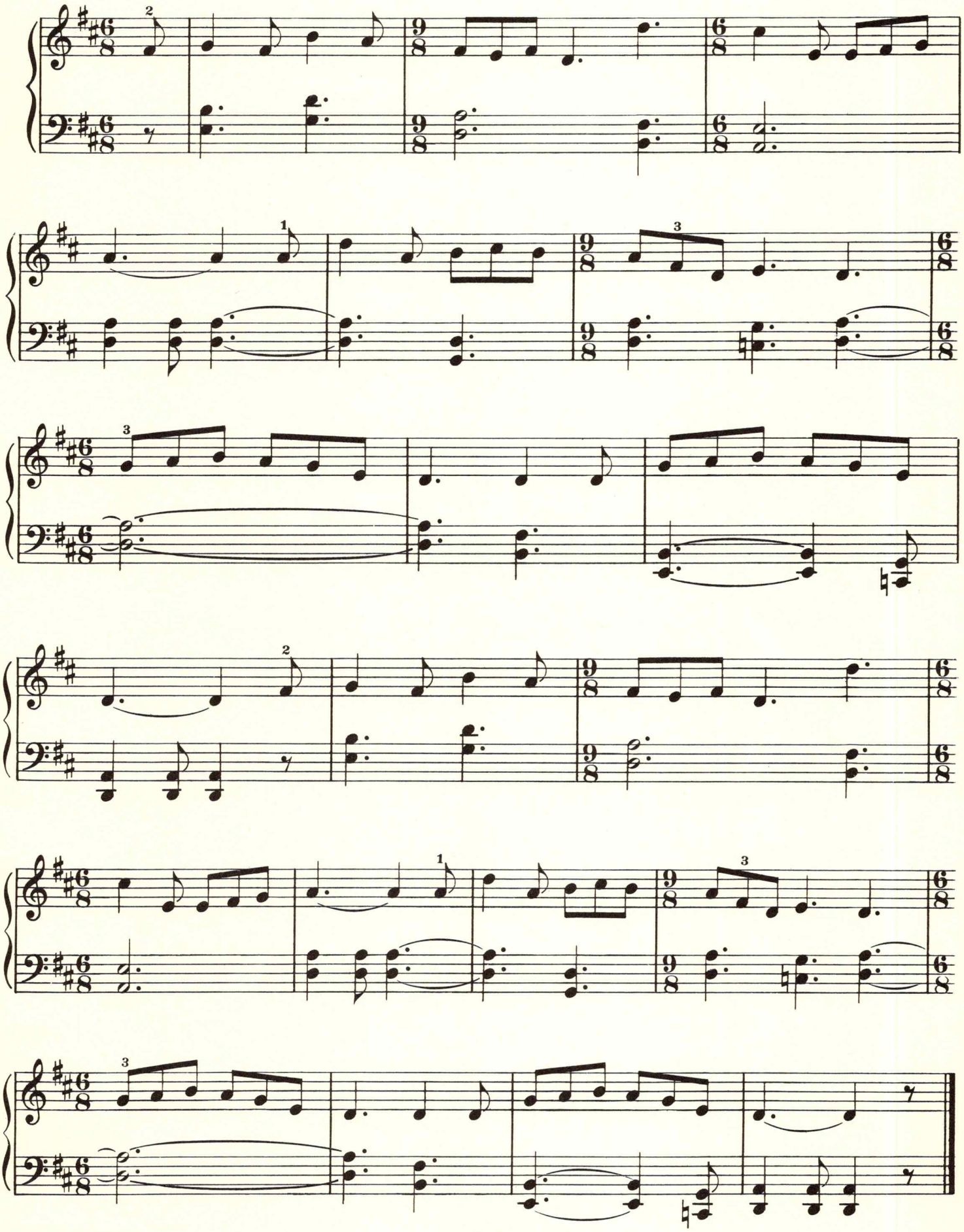


10 Two English Folk Songs

Barbara Allen



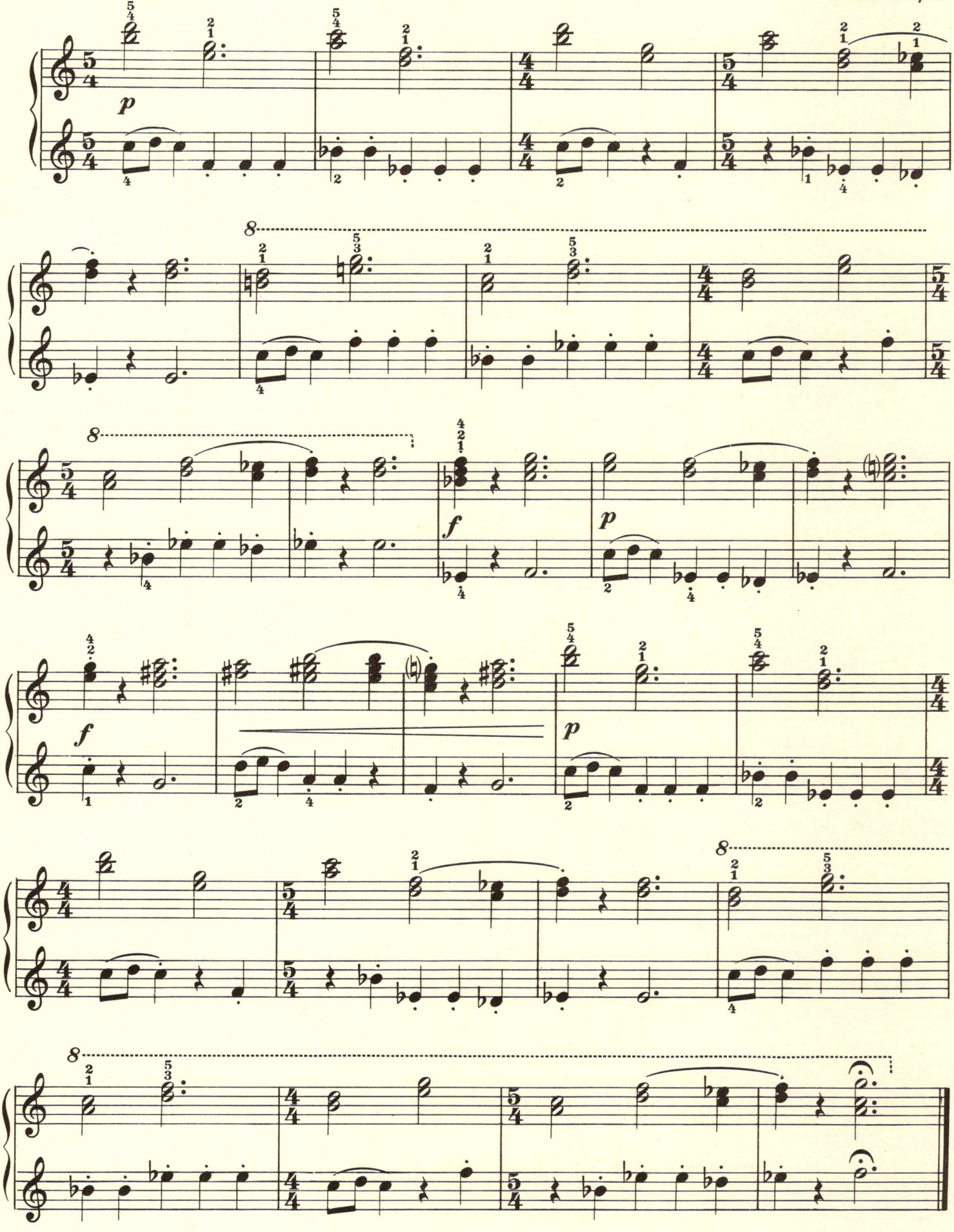
The Unquiet Grave



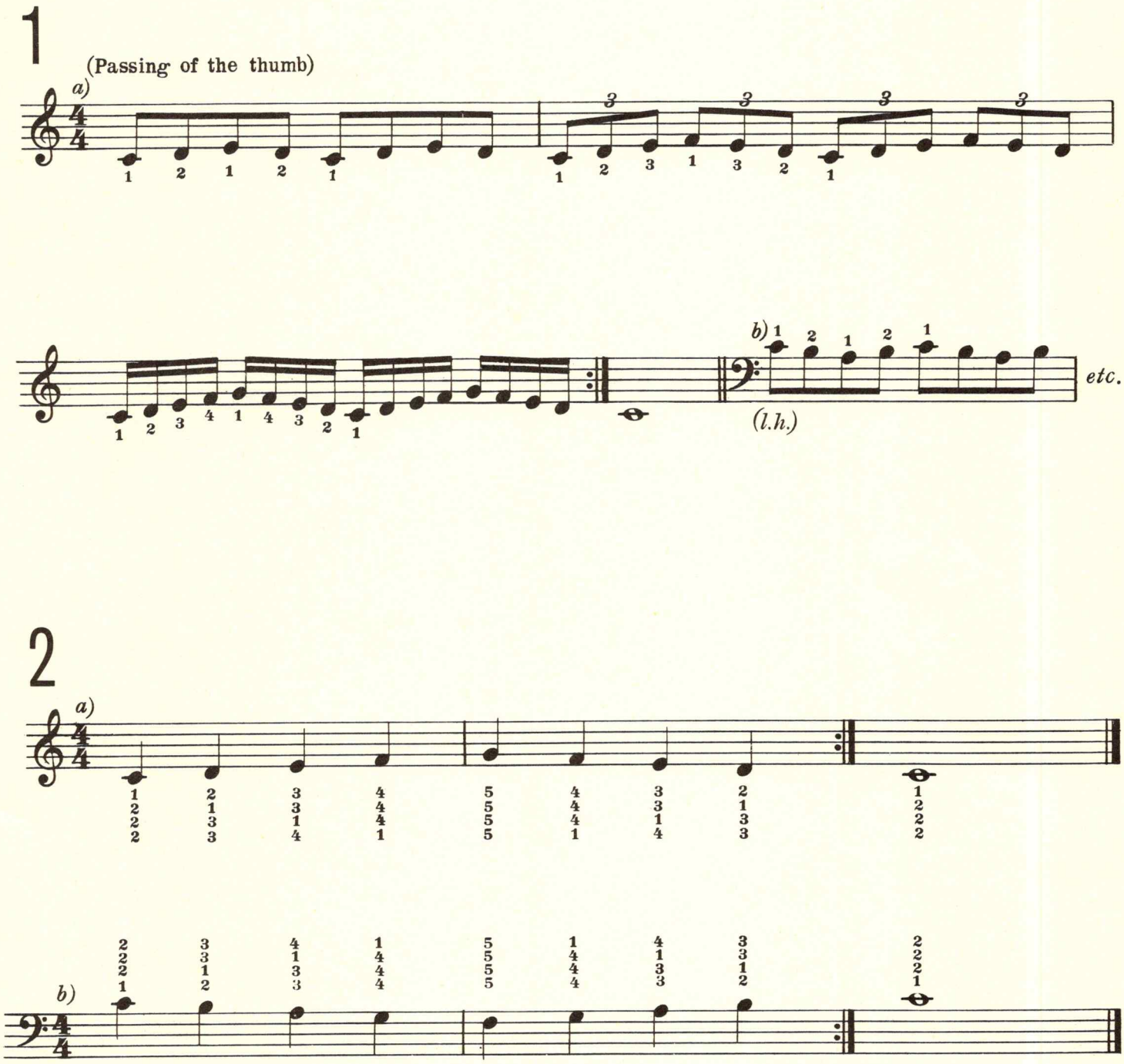
11 Shifting Meters

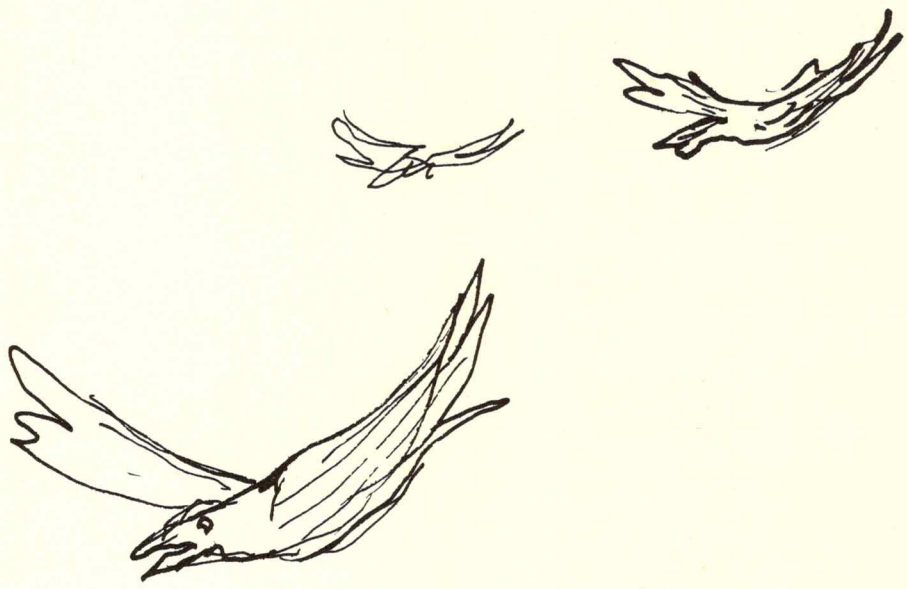
Moderato

Paul Sheftel



EXERCISES





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